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THE CARE OF CHILDREN.

Pastor Kneipp among the sick children of his hospital of children.

THE

CARE OF CHILDREN

IN

SICKNESS AND IN HEALTH.

BY

MONSIGNORE SEBASTIAN KNEIPP,

PRIVY CHAMBERLAIN TO THE POPE

AND

PASTOR OF WŒRISHOFEN.

KEMPTEN (BAVARIA)

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In this little work Father Kneipp sets forth the happiness, responsibilities and duties of Motherhood, and he instructs Mothers how to order their lives and how best to bring up their children. Father Kneipp also gives simple directions for dealing with the usual diseases of children.

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Preface.

So many and varied are the conditions, positions, and classes of the human Race that it is impossible to number them; and yet there is not one of these but has its special duties and responsibilities, and it is in the proper fulfilment of these that man finds his happiness both in the present life and in that which is to come. If it were not so, people would certainly run away from their obligations, so hard and impossible do many of them appear.

As it is the hope of success and promise of happiness give man the power and will to work heartily and with much self sacrifice in that state of life in which it has pleased God to place him.

Perhaps of all the conditions and positions of life there is not one which exceeds in importance that of the Mother of a family: if this be faithfully and capably occupied there is no limit to the happiness it creates. And of all the responsibilities and duties this involves there are none of more consequence than those of the Mother to her children.

I have often desired to set before Mothers their duties towards their children in a little book, and have frequently been about to commence it, and yet up to this time I have hesitated, doubting my power to deal with these duties in an able and efficient manner.

At last I have made the attempt to collect together the most prominent of these into a little book and I earnestly wish that I could give this personally into the hands of every Mother, and at the same time beg each and all to lay these duties to heart. I would say „Perform your duties towards your children right faithfully, so that your earthly life, even though it be filled with trouble and care and impose on you a heavy yoke, may yet be full of promise for a happy eternity."

Nor would I less earnestly place before Mothers the duties they owe to themselves, for then only can they fulfil their duty to their children with happy and successful results, then only can they be sure of help from above. Again I say "Observe these duties imposed upon you by the Eternal Father to whose honor and glory they must be performed! And as it is part of our Faith that man needs help from above for all good things, so behave towards God as well brought up children behave to you when they want something viz. come and ask. Thus seek help from God by prayer and strive to be worthy; and to the worthy it will certainly be given."

And if I make it my concern that Mothers should be able to perform their duties well I also offer to help them as much as in me lies so long as I live.

Therefore listen, all you Mothers who read this little book and who wish to bring up your children according to its precepts. If you will lay before the Eternal God an important affair then say one little prayer for me, and I, on my part will never forget to entreat the Father of

Mercies for you in the daily service of our Holy Church.

Do you, Mothers, consent to this contract? Then is my word pledged to you and I will fulfil my part of it.

So now, little book, go forth into the world like the "Water-Cure", seek out the Mothers, tell them what to do and what to omit.

It will go both well and ill with thee for nothing good escapes persecution.

If you are well received be content, for you have accomplished something; if you are repulsed bear it with equanimity.

I meant well when I wrote this for the Mothers and I will, during my life, remember the Mothers in my prayers and should this be still read when I have gone home even there I will not forget the Mothers.

I should like this little book to be regarded as a Christmas present because its first appearance was made at this season and my wish for the years that follow will be that all

Mothers should order their lives and the bringing up of their children according to the rules laid down here and so obey God.

Wörishofen, December 20. 1896.

Sebastian Kneipp,
Pastor.

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THE CARE OF CHILDREN.

First Part.

Brief Advice to Parents.

A. How Parents should take care of their own bodies.

If the father of a family desires to cultivate good and abundant fruit he looks round for a piece of land on which to grow it, and having purchased the ground spares no pains to keep it in the best possible condition. Not only so, but he will take care to remove everything that is likely to hurt it.

If the Creator has ordained that the inhabitants of the Earth should issue from Wedlock, and that they should be brought up in the family circle and made capable of performing the duties of life which in due course will devolve upon them, then certainly a great deal depends upon the marriages, families and their supporters.

The general opinion acquired by experience is that no one should undertake matrimony who is not perfectly healthy and sound and likely to produce a

healthy posterity. To this belongs not only a good figure and proper physical development but a healthy mind as well.

They who will marry and be useful to mankind must be sound in mind and body.

It is not only the various illnesses of the body but the manifold diseases of the mind which may strike at and ruin posterity.

Mental infirmities are inherited exactly like physical ones, as for example avarice, envy, anger, want of chastity and want of moderation. If these are not corrected and controlled in the Parents they are unfortunately handed down to the children and what is worse the consequences and punishments are handed on also, even as the Holy Scriptures say "unto the third and fourth generation".

It does sometimes happen that the defects pass over a generation, but the more certainly will they appear in the second and the third. How good it would be if every man, beginning a career, would ask himself "Am I fit for marriage? Will not the predominating passions in my nature embitter my professional and my married life? and shall I not in the end be the cause of a second and third generation being punished for my defects?"

I know a family in which the noble, moral, and religious character has been preserved for two hundred years.

Of course one can, on the other hand, point to many families wherein debauchery or other predominant vice has brought misery and ruin to the descendants.

He, or she, who has a loathsome disease would certainly not be chosen in marriage because one has an aversion to the malady and dreads its consequences.

Should one then be indifferent to or have a less aversion to the pestilential diseases of the soul?

How beautifully the proverb expresses it.
"The Apple does not fall far from the tree."
"As the field so the produce."
"Like Father like Son."

Therefore they who wish to found a family should first endeavour to make themselves sound in body, soul, and spirit.

We have in water a glorious remedy for making diseased bodies healthy; it can however, since mind and body are so intimately connected, operate on the former through the latter. It has in fact helped many who were well disposed towards it to make their healthy bodies a home for healthy minds.

Only they who are themselves sound in mind and body, head and heart can reckon on a healthy posterity; for, as from a sickly tree no good fruit

can be expected so likewise from sickly, unhealthy or useless parents, no sound, healthy children can be hoped for.

A Mother who wants mentally and bodily healthy children must resemble in a double sense a fruitful field.

We will next speak of the bodily health.

Section 1.

The Mother's Food.

The Mother should partake only of a good healthy diet.

By this, however, I do not mean that which in every day life is called and considered good but a diet that contains a good deal of nourishment which is suitable for the system and specially conducive to the formation of blood.

Those who are rich in blood and have its circulation in good order are, what is called, well nourished.

That which people generally consider good is as a rule merely prejudicial or to say the best of it, it is of no use to the system.

It is especially noticeable that the strongest and healthiest mothers and children are among the poorer

classes in the country, whose food consists chiefly of the very simplest bread prepared from unadulterated flour.

That which is called **Refined Flour** may be the finest but it certainly is not the best, for its nutritive qualities are just those that have been taken from it. A sorry art indeed to extract from the flour exactly that which is really valuable and nourishing! This is now-a-days given to animals who certainly prosper better on the refining than men do.

One of the healthy poor women whom I have in my mind eats her bread-soup in the morning which supplies good nourishment to the blood and power to the whole body.

The midday meal is again prepared from the purest natural flour which partially retains the bran and as regards nourishment corresponds to the morning soup.

It is the same with the evening meal. In addition to this simple farinaceous diet potatoes are eaten, cooked in different ways, and although these last have been much abused in writings and undervalued and marked as containing but little nourishment, yet the Poor who live on them are not more behind in bodily strength than those who have something "better".

The fundamental principle is to have a very simple but nourishing diet.

Avoid refined bread and farinaceous food prepared of refined flour. I am not opposed to a meat diet, yet I advise those who take it never to be without farinaceous food of simple, unadulterated, flour.

Undoubtedly meat contains much nourishment, yet too much meat forms a heated and impure blood.

Vegetables should be steamed and not cooked in water, because in this way they form a diet of scanty value. Too zealous vegetarians have a peculiar appearance, their complexion is dull and they lack energy and strength.

As much as possible spices should be avoided, they are like hot fire which cannot be used by the system.

I would especially counsel Mothers to avoid taking acid foods, especially those cooked with vinegar: for this last is an enemy to the blood, it both impoverishes and spoils it.

On the other hand, I recommend pickle-cabbage because this acid is quite different to vinegar acid. As a rule very little acid should be taken; the system does not require it, if it is not spoilt by custom.

Strong salt is harmful and operates corrodingly on the internal organs. Ham, smoked meat and similar animal food I generally leave for other people

to enjoy. Such nourishment usually begets great thirst, a proof that it is heating and more harmful than beneficial.

I am greatly in favour of milk diet. Yet I must here caution weakly people against taking too much, and recommend them to take it in small quantities, and eat with it black rye bread.

Once a lady asked me what she should take between meals as she often suddenly experienced great hunger. She thought ham, sausage, blackpuddings and such like would perhaps be of advantage.

I advised her, in such a case, to eat a piece of good rye bread and to drink some sugar water which would nourish and make good blood. After some time I met this lady again and she thanked me for my good advice which she had taken with great advantage.

A glass of milk and a bit of black bread is of equal service and is for those who can assimilate milk even preferable. **Avoid overeating.** Those who take small quantities of food get more good from it, because it is much more easily and rapidly digested. An overfilled stomach cannot accomplish the work required of it by unreasonable men. Allow me to recall the old proverb "Cease eating while it still tastes good" that is, before you are completely satisfied.

As regards beverages, a mother in a certain condition should drink neither beer nor wine. Beer fattens the body but gives it no elastic strength; it is a stimulating remedy whose consumption is pleasant.

Beer drinkers are poor in blood, however big a corporation or stoutness of body they carry about with them. Their bodies are only spongy and the internal organs are withered and flabby.

I wish to impress upon mothers that wine does not nourish; a piece of black bread which may cost less than sixpence contains more nourishment than two or three bottles of wine of the best quality. A mother must not forget that she has to nourish not only herself but her posterity.

The physical condition of her offspring is formed by the worth or worthlessness of the parental diet. Sweet delicacies and dainties I do not advise but to a Mother I decidedly forbid them.

Coffee, chocolate, tea and similar fashionable drinks have but little nourishment in them, and to a Mother they are certainly harmful.

These beverages are only palatable.

If a Mother drinks coffee twice daily she has just so often taken a good opening medicine which clears the stomach of all nourishment.

Malt-coffee has nourishment from the grain, but bread- and brenn-soup are decidedly preferable. Brandy

and the various alcoholic drinks are nothing but poison. They act like fire which burns and destroys the body. A Mother who consumes these drinks ruins both herself and her offspring. If a Mother be thirsty, let her choose the drink offered her by the Creator. It is also the cheapest.

Drink, when thirsty, but if possible in small quantities only.

Thirst is a sign that fluid is lacking, but this can be supplied to the body in the shape of water.

If all Mothers would nourish themselves in the prescribed way, how healthy and happy they would be! How much more they could lay by in their money boxes which are so often rifled to procure nourishment which is merely so called, but in reality is nothing more than an expensive luxury which ruins the health, empties the purse, and destroys the prosperity and content of the family.

Section 2.
The Dress of the Mother.

One might well suppose that to give advice on such a matter would be quite superfluous.

I have, however, learned by experience that Mothers need it greatly, in order that they do not injure themselves by their dress, and that they may by precept and example instruct others of their sex.

When one thinks of the trouble, care, toil and sacrifice endured by a good housewife, it does seem almost out of place to warn her against vanity.

But it is not so; unluckily vanity and love of dress have established themselves so firmly that it seems to me quite necessary to give advice as to how a Mother should dress.

The dress of the Mother should be simple, without slavish obedience to the latest fashion; it should, in fact, fulfil its function of protecting the body against cold and nakedness. Wear only linen on the body. The dress should not be laced or fastened too tightly: it should be loose round the throat, so as not to contract it, which has been the cause of much ill health. The blood cannot properly circulate when the throat is tightly bound, and so it clots and forms wens and swellings and lays the foundation of much mischief.

I will not say a word about tight-lacing. Every Mother should be sensible enough not to yield to such a folly, for it is just by tight-lacing that many women ruin themselves.

A wife need try to please no one but her husband. At the same time, I hope there are no men so stupid as to require from their wives that they should look like wasps, and so lace themselves as to bring their own lives and those of their children into danger.

So stupid and so ignorant can no man be. Wives, however, obey your husbands (even in the matter of dress); for this is your sacred duty.

Garters play no un important part in the health; by wearing them too tight women get varicose veins. They never will confess to wearing them tight, they invariably say "My Garters are quite loose" so they may be in the morning but during the last half of the day the feet and legs swell, the garter presses, and obstructions arise.

The wearing of shoes too warm and narrow very prejudicial, especially those furnished with so called elastic bands.

This make of shoe produces open ulcers on the feet by disturbing the circulation of the blood. Neither should the clothing be too warm. Fifty years ago among ten thousand country people who spent most of their time in the open air in all sorts of weather, you would not have found three who wore drawers; now nearly all people in all places wear them.

From this debilitating habit many diseases arise.

Even woollen drawers are worn which are peculiarly harmful; for the warmer the lower part of the body is kept so much the surer will the blood flow into it from the feet, and if you see people without natural warmth shivering, even beside a hot fire, you may decide at once that they wear woollen drawers.

If in winter people wear an extra garment over their summer costume, it is quite enough for health- this applies to men as well as to women.

It would give me unspeakable satisfaction and be of endless service to the Mothers and children if my words could induce them to dress simply and suitably in summer and in winter, and thus avoid all debilitation.

Section 3.
Applications of Water.

If every career, of whatever rank, has its own difficulties which often make heavy calls on human nature, a very special burden rests on the Mothers of families.

Thus it is that the Wife whose organism is undoubtedly weaker than that of her husband unfortunately often succumbs far too early.

I therefore impart to the Mothers a good piece of advice viz. "Regard water as your medicine chest."

Use water sensibly and you will be able to pursue your calling with much more elasticity and strength, you will be spared many infirmities and your life will be much easier. Also your mental qualities will keep their strength longer, for the effect of water reaches even these and makes them stronger and more enduring.

As I write these lines I seem to hear as with one voice the cry of many mothers "I should like to know what I have to do, I want to be a good housemother, to fulfil my duties faithfully, and to be capable of following my calling."

To all who ask for my advice I would say water is the first of purifying agents. And as cleanliness should be a predominating virtue in the household I say "Mothers wash your whole bodies twice or thrice a week on rising."

This ablution must be done in a minute and the body left to dry of itself. This is not much to require and has good results. Another way of bracing and strengthening oneself is for the Mother to take weekly two or three half-baths lasting only a second or two. She should go into the water up to under the arms, count one, two, three and out of it again.

Such a bath braces the system, strengthens and keeps the blood circulating properly and produces much natural warmth.

Above all it protects the lower part of the body, keeps it active and secures it from many infirmities.

It certainly does not seem much to require of a Mother that she should take three such simple half-baths in a week. They may be taken when she rises in the morning, or at any time more convenient to her, except for the two hours immediately after the midday meal.

To bathe before going to bed is not quite advisable as it sometimes prevents sleep.

On the other hand it has a good effect if the bath is taken in the night getting out of bed for it and going back to it immediately after it.

I also recommend from time to time the wearing of a shirt or chemise dipped in warm hay-flower water and then wrapping the body in a blanket. This cleanses the body from decomposed juices. Such a shirt might be used once every fourteen days.

I should like to impose on Mothers the practice of going bare-foot, at least partially, as a sacred duty, because by it the body is braced, the blood drawn from the head, and the heat, which is formed in the body by work, is diminished. Those who go barefoot constantly rarely suffer either headache or toothache.

The Mother who is mostly occupied with manual labour can easily walk barefoot morning and evening during her work.

Now however comes the question: Should the Mother use water also in certain conditions? And to this I answer, it is exactly in those conditions that water is such an excellent remedy viz. in the form of whole washings and half baths.

If the Mother takes three or four half baths in the week, they will keep her in the best and strongest

condition — the baths however should never last longer than two or three seconds.

Whole washings I recommend also to be taken two or three times a week.

Other applications, including the shirt, I do not advise in these certain conditions of women, they are in no way necessary.

It may be that a mother will say: "I am quite healthy, there is nothing the matter with me, am I also to try the water-cure?" I answer this wit another question: "Is it good to wash the face and hands daily?" Certainly.

Then it is equally good to wash the whole body.

One cleanses the rooms of the house often, even though they be not very dirty, in order to prevent their getting so. The body deserves the same treatment if one would avoid the rise of disease. By the applications of water many evils are conquered which would otherwise break out later.

Many thousands of people complain of nerves. This would not be the case if they went bare-foot and used water.

My advice, however, is especially valuable to mothers who, if they follow it, will certainly have cause to thank me.

How should Parents care for their Souls?

If I have advised mothers how to care for their bodies — advice for which I can answer — there is yet another duty even more important viz. that of the care of their souls and those of their children.

A holy Advent period begins when a Mother observes that her body is blessed.

Both husband and wife should at once and together consecrate their child to God the Lord and make plans for its good upbringing when it shall be born to them.

I will give the Mothers a few hints on this subject and that which I say to Mothers concerns the Fathers also — they must urge their wives on in these matters and help them to follow out the advice I give.

If you Mothers would be happy, and have happy children, practise diligently your first and most sacred duty, that of your Religion.

If you do this, there will be hope that in the hearts of your children religion will have a place. A Mother should be able to pray well. The tie which binds her to her God will also embrace her children. A good Mother will all the more earnestly fulfil her religious duties seeing that her prayers and praises to the loving Father are for her children as well as for herself.

Christian Parents have a good prospect of having Christian children.

The Mother should preserve herself from every evil temper and passion.

If a Mother is proud, will not the pride which fills her whole being be shared also by her children? If a Mother is angry and this anger is often repeated her child will come into the world with the same unhappy temper. Of this there is no manner of doubt. How often we hear "The son is just as passionate as his father and the daughter as proud as the Mother; they have not stolen the anger and pride."

I once heard the remark made on an unhappy person "He has committed a crime and is worthy to be hung, a condition in which his father has long been."

If Parents in their youthful days have led a disorderly life, and later on wish to take their children to task for a similar course, it is very often flung scornfully back at them "You were no better yourself."

I knew a father whose vice was drunkenness — in fact he drank himself to death. He had three sons, all of whom were inveterate drunkards and died early.

To the Mothers however I again address an earnest word: "**Subdue every passion while in certain conditions.**" Avoid for instance strife and

quarrels, for nothing is more harmful than such excitement.

Be gentle in spirit and consider that "Blessed are the meek in spirit for they shall inherit the land!"

Pray for daily bread! If you have this, be content and not over anxious. Avoid avarice and covetousness in order that this ugly craving for earthly possesssions may not be handed down to your children and make them lose sight, all too easily, of their eternal inheritance. If you desire to control the evil within you, so that it be not imparted to your children, love the Lord your God with all your strength and pray of Him the needful help.

Use right diligently the means for the healing of your souls, that the souls of your children be not tainted beforehand.

If you are rich in virtue, the disposition to virtue will pass on to your children, who will develop virtue and who will be to thee pure fountains of comfort and joy.

Many young Wives think they ought when in that special condition to sit about and do nothing and eat and drink industriously. **This is quite a mistake.** Rather fulfil the duties of your calling more zealously and conscientiously than before; fulfil them for the love of God and in God's name.

Work brings a blessing to every man and a double blessing to Mother with child.

Moderate work is healthy for Mothers in this condition, it gives appetite for the regular simple meals, and helps to digest the food, and moreover their children will bring into the world with them a distinct inclination for work.

In any case, Mothers, do your part not to plant in your children that dangerous thing **dislike to work**.

Guard yourselves from everything immoderate, from too great exertion and from any severe blow or fall.

Be convinced that the work imposed by the Creator on all men will bring you Mothers more happines and more blessing than laziness and daintiness.

Second Part.

The Care of Children in Health.

First Period.

From the day of Birth to Teething.

Care of the New Born.

Those who have watched by the dying and seen the last duties accomplished must have noticed the difficulty of drawing each breath as the last moment drew near.

It is a severe battle of Nature which no one can regard without emotion.

Just as it is a struggle while the breath gets ever slower and more difficult, until at last it quite ceases, so is it also a similar fight when the new born child enters the world and begins to draw breath independently.

At the first drawing in of breath there is always danger that the little creature may suffocate

and death put a rapid end to the life that has only just begun.

The small being begins to breathe in the fresh air with very feeble power, the air penetrates into the innermost places and encounters many obstacles, for the organs are still very weak.

If the new little citizen of the world could think and speak, he would call for help, and I should go to it quickly, and promptly immerse the tiny child in cold water, but naturally take it out again at once.

The cold water causes a strong concussion and at once braces the child's whole system; the breathing is rendered easier and many a child, who could not otherwise breathe, is by this immersion kept alive.

This sort of sensible water applications is used by country people when the new born calves and foals are unable to draw breath. This being so, they immediately pour over their heads on the straw a goodly portion of cold water. This douche at once electrifies the young animals, they shake their heads and begin rapidly to breathe.

Thus thousands of creatures are saved which otherwise through weakness or mischief would come to grief.

Just as **water** may be and is a helpful remedy for men and animals on entering the world, so is **air** of great importance, especially that which a child

breathes at the beginning of its life. It is certainly not all one whether the child breathes a fresh and pure, or a bad, foul, even stinking air which, instead of refreshing and bracing the new born creature, rather produces desolation in its tender body.

At the beginning of life Oxygen is most necessary and this is only sparingly found in bad air. If however a really pure air containing much Oxygen presses into the body, a good beginning of life is made and at the same time the foundation-stone of prosperity is laid.

Both air and water therefore taken together require the greatest attention from the Parents, if they desire to protect their new born child from harm; for just as it is harmful to bathe the child with warm, debilitating water, so is it equally prejudicial to have impure air in the room, which acts like poison on the young tender body.

Most nurses bathe little children in water much too hot and thus deprive them of health and sometimes of life.

Many nurses try the warmth of the water by putting their elbows into it, thinking that if they can endure the heat the water is of the right temperature. **That however is quite wrong**. This water is much too warm and it may even be much too hot. An old elbow accustoms itself very soon to hot

water and no longer feels the exact degree of heat. I emphatically advise the purchase of a shilling thermometer by which the bath-water may be regulated.

Those who dare not bathe the little child in cold water from 0 to 10 ° R. may take at first water from 20 ° to 22 ° making it however a degree cooler every day. Water of 20—15 ° is depid; 15—10 ° is cool; under 10 ° it is cold. Over 30 ° the water may be called hot. One thus accustoms the child at least by degrees to tepid water, then to cool, and then to cold under 10 °.

This I only advise to those who, on account of various whims and effeminacies, cannot persuade themselves to give their children the best thing at once. The freshest water is always the best. Do not however leave the child long in cold water, but dip it in rapidly, count one, two, three and take it out at once. Do not dry it but wrap it quickly in a dry unwarmed cloth and put it to bed.

One would not believe how soon children accustom themselves to cold water; they will often ask for it.

Water is not only important for the child at the commencement of its life but for all later years. It is the chief meane of effecting bodily health and prosperity.

Children who are stout are not necessarily strong; their bodies are often only spongy.

Water however draws all the spongy organs more together and gives strength to the system. If the children are weak and scarcely able to live, water is again a strengthening remedy, which forces the little machine to work more readily.

Even the weakest children can gradually be made stronger by this simple means. Unfortunately it has become an established custom to put babies daily in warm or even hot water.

If warm baths weaken even naturally strong peasant lads, if taken frequently, how much more seriously must they act on such tender creatures as tiny babies! Even if they be naturally healthy and strong, yet the warm water acts debilitatingly on their bodies and organs and the effect upon children, already weak, is extremely pernicious.

If now and again one wishes to cleanse a child with a warm bath I have nothing against it. When however the child has been washed for a couple of minutes in a warm bath, cool it in the water by pouring cold water on it, or by dipping the child rapidly in cold water, when it is taken from the warm; this will act bracingly on the body.

A Mother asked me whether she might treat her three weeks old infant with cold water and I advised her "Dip the child in cold water, wash it rapidly and put it to bed without drying it." After

a few weeks I saw this Mother again and asked after the health of the child.

She answered: "It is much quieter now, has more appetite, sleeps much better, and is thriving well, and does not make the least fuss when it is put into cold water."

Therefore mothers should not give their children daily warm baths, but bathe them without fear in cold water, keeping them there not longer than two or at most three seconds.

As I have already said a warm bath may be given once or twice a week but it should be of the shortest duration and the child, on being taken out, must each time be dipped in a tub of cold water.

In a short time this method of bathing will grow to be such an agreeable custom to the children that they will not like to do without it; and certainly they will feel themselves far more comfortable then those of their own age who are weakened by a warm bath.

He is a happy person who possesses a healthy, strong and elastic skin, for in it he finds protection against many diseases; and he is unhappy who is so weak that he can scarcely show resistance to the accidents of change of weather.

A weak child is naturally far more liable to all childish diseases, and is more easily subject to colds and convulsive attacks; such evils however need not

be feared if the skin is braced and rendered resistant. This is why I look upon it as a distinct duty that cold fresh water should be zealously applied to children.

Almost of equal importance is pure fresh air. It supports and strengthens the weak so that they, in time, lose all signs of their weakness and delicacy.

Fresh air provides children with healthy, good nourishment such as the little ones need if they are to thrive. If, however, the air they breathe contains corrupt, bad ingredients these germinate all sorts of diseases in the youthful childish system.

I can assure many thousands of mothers that they themselves are to blame for the frequent fading away and early deaths of their children, and those mothers may feel glad if they have not withheld from the little ones the two most important necessities of life, cold water and pure wholesome air.

It always seems to me strange that so long a period often passes after the child is born before it is taken into the fresh air, especially if it be born in autumn or winter.

In this case many do not get into the fresh air for months, but are kept shut up in bad air under whose influence many lose their young lives.

What a responsibility for Mothers who, by their nonsensical dread of fresh air, have the deaths of their darlings on their consciences!

In many districts it is a favourite idea that children born in May prosper best; if this is correct I have no doubt it is due to the fresh air which is faced sooner in the spring.

How foolishly does that Mother act whose one idea is to keep the tender limbs of her darling from being touched by the fresh air!

The air of the nursery is often unreasonably heated. Instead of 14 or 15 ^{0} it is often 18, 20 or 22 ^{0} and when at length Baby is taken out doors it is wrapped in yards of material, a little woollen cap on its head with flaps to keep the ears warm, a fur round the throat, and to finish up, woollen gloves on the hands.

Thus is the child spoilt, weakened, debilitated. Then comes night, the Mother or Nurse sleeps, perhaps, and does not notice that the babe in its little bed has kicked off its covering and is taking cold. Stomach-ache or a cough or other mischief commences at once for of course a child weakened as this has been cannot endure the least current of cold air.

When the child is a little bigger, in an unguarded moment, it creeps or runs into the passage without a fur or woollen overcoat and catches cold at once.

If there are any Mothers who desire to get rid of their babies without dagger or poison, they have only to weaken and debilitate them with persistent care, and they will surely come to an early grave.

On the contrary the Mothers, who love their children and desire to keep them long and make them healthy and happy, will properly brace them by giving them plenty of fresh air and cold water and allowing the babies to kick about in a moderately warm room without covering.

I impose on all Mothers this sacred duty, that they are not to deprive the little ones, given them by God, of fresh air and water and that they must allow them to have these frequently and of the purest kind.

The Dress of very little Children.

The Creator clothes the creatures both for summer and winter, but He has endowed man with reason and understanding, by means of which he can choose for himself suitable clothing, as a protection against the heat of summer and the cold of winter.

Little children need clothing, and Mothers should take care above all things that their clothing be light, sufficient only to keep them from injury by the weather.

In dressing them care must be taken also to permit the air to come in contact with the whole system; in this way health is established; where this is not cared for languor and decay set in.

Another care should be that the dress is not too tight anywhere about the body, so that there be no obstacle in the way of the child's physical development.

In my youth, children were accustomed to wear a little handkerchief round the forehead and head; hence it came that later on a small depression showed itself in the foreheads of many grown up persons just above the eyes.

A celebrated old country Doctor who had a wide spread practice once said to me (alluding to the custom above noticed) "What a mistake it is to bind a cloth like that round childrens' foreheads; it causes invariably a depression on the forehead and with it a weak intellect because by this bandage the development of the brain is hindered."

What can be clearer than this remark?

The skull of a child is as soft as wax and just as easily compressed, consequently the same thing happens to the forehead as to a girl's body when she has adopted the fashion of tight lacing; the organs pressed are hindered in their development.

The Creator Himself has provided the head with the best sort of cap viz. the hair. Never put on the child's head a cap that fits too closely for it has the disadvantage of preventing the air playing on the skin of the head and thus assisting perspiration.

It is on account of the cap that so many children are subject to a bad scurfy eruption on the head which is hard to cure because the matter flowing out of it spreads and eats into the skin like poison. I say therefore **no head gear for children.** Take no thought for that which the Creator Himself has provided but carefully consider those matters which He has left in the hands of you Mothers and Teachers!

The child's dress should be porous so that the air can penetrate it and also give out to the air whatever the system ejects.

Nothing should really be worn on the body but linen because this of all our flax is the freest from disease-producing-materials, and for this reason, in linen tissue sufficient pores exist, and in its dry state it absorbs also certain evaporations of the body which easily dry and drop off like little scales.

The first little shirt worn by Baby should not be too fine, the rougher sort of linen educates the tender skin to bear bracing.

The perspiration generally remains some time on the upper surface of the skin, and too fine a linen, which does not absorb readily, would cause the perspiration to stop short in the pores, dry and form a crust on the skin so that perspiration being prevented, the bad matter would be all pressed inwards and develop some illness.

It is a grave mistake if the child's body is tightly compressed, for it is impossible for it to develop under such a circumstance. Besides cloesly fitting garments prevent or even stop evaporation.

This is why it is so necessary for children to wear loose porous dresses; if the body can perspire freely and the air get to the skin the well-being of the child is secured.

Here I must express great disapprobation of the swathing band, often many yards long, the use of which is still prevalent in many districts and which to say the least is a useless torment to the babe.

In expressing my opinion that it is needful to expose the head as much as possible to the fresh air, the covering being already provided by the Creator rendering other head-gear unnecessary, I must not forget another duty, that towards the feet. As the head is meant to be exposed to the open air, so is it the task of the feet to come in contact with the earth.

If the education of the feet is lacking and they are once spoilt it will require some trouble to bring them into order, therefore the care of the feet must be begun in childhood.

Fresh water and air are bracing remedies for the feet even as they are for the whole body.

It is quite incorrect to make little babies in their bassinettes wear woollen shoes or socks on their feet. Mothers, who thus act, show their ignorance of the fact that their children require bracing and not weakening. The children should, as much as possible, be bare-foot whether in the room or in the open air. Air braces the skin; fresh air draws the blood in equable quantities to the upper surface. The feet especially should be braced by the air and rendered elastic and capable of resistance.

My neighbour has a girl who, when she was scarcely able to walk properly, went into the open air as many times a day as she could make her escape from the living room, and plainly showed her great joy when she could stamp about in the snow, and when she was caught up and brought in, she screamed with all her might because her joy was put an end to.

Before this child was three years old, it was found wandering in the snow perfectly happy without any head gear and with only a little smock frock on; she was brought back by her Mother and punished.

I saw this accidentally and observed to the Mother that running about in the snow did no harm.

The Mother heeded my words and the child was allowed her liberty and she has grown up into a strong healthy child.

I beg of you Mothers to allow no weakening of the feet, for if you do, the feet will diminish in strength and the blood will be unequally divided in the lower members, and all for lack of fresh air and cold water.

Weakness may set in in early years from which the child will suffer all its life long. It is inconceivable how much children gain by strengthening and bracing and how much they lose by the opposite course of weakening.

Now one word on the cleanliness of dress and linen. So much depends on the care of the skin that it is an important duty to keep it clean. A special means towards this is clean linen. Therefore, Mothers turn your attention in this direction.

By wearing dirty linen the health of the child may be fundamentally injured.

Many diseases arise from uncleanliness while others are generated through the wash.

These facts should impress upon Mothers the necessity of clean linen for their children. In chang-

ing it however be very particular that the linen is well dried, and here I would remark that it should not be dried in the room where the child lives, neither should the linen be ironed in the nursery, especially must this be avoided when the irons are heated on charcoal stoves. Before closing this chapter on "cleanliness" I would like to observe that impure water should be removed from the nursery; to dry wet clothes in the nursery may be convenient but it is highly disgusting and very unhealthy. It is needful also that the nursery should be kept free of dust which, if breathed into the lungs, is very bad for the children and often produces lung disease.

The Nursery.

It is a recognised and remarkable fact that little children who have been taken out into the open air point to the door even before they can speak as if they wished to go again, and as soon as they can walk they try to get to the window or door no matter how cold the wind is blowing outside.

This is a proof that children prefer the cold, fresh air to being shut up in a room.

A child will only remain in the day-room when it is obliged to do so. It may be prompted by different motives which it does not itself recognise. It

is certainly a fact that fresh air attracts it and promotes its prosperity.

This affords us a hint as to what the nursery should be like; first there must be good wholesome air in the room, for if this be lacking the children will not prosper even though all other rules be kept for the preservation of health. As air and sunshine are necessary to the vegetable world, just think of the blades of grass behind the house or under the trees! they are equally necessary to the tender little plants of the nursery. The room set apart for the children to live in must be dry and light and must be regularly aired and ventilated so that only an unimportant difference exists between out of doors and the living room or nursery. If in any way the air of the room is rendered impure, either by damp walls or drying the linen there, it is deeply to be deplored for with each breath the children draw in disease-producing germs

This thing alone is sufficient to block the road towards health and strength.

Of course in winter the nursery must be heated but it is not at all necessary to have it so extremely hot; 15 ^{0} of warmth will suffice.

If the children lie in bed this is sufficient; if they are out of bed they are seldom quiet, and if perfectly well they keep themselves warm by their

movements. Children have their own peculiar gymnastics, by which their bodies gain a certain amount of benefit.

I pray you, Mothers and Nurses, not to fumigate your nurseries with pastilles and perfumes, but rather open your windows. It is quite easy to avoid a draught.

Childrens' Cots.

These are of great importance to the bodily growth of children though they are not considered so by Parents generally, who give all their concern to the intelligence and knowledge of the little ones.

When children sleep during the day they are enveloped and bound up in cushions which have twice as many feathers as they ought to have, and in most German speaking countries the cushions themselves are again tied together, so that the bodies of the children are really forced into feather cuirasses, and only the little faces are left open to the air.

One would suppose that this heavy bed harness was constructed to prevent the child from escaping. Such a proceeding is altogether wrong. Too warm a bed weakens the whole system and makes it so sensitive that the fresh air cannot be borne.

Think of the development of heat when a child is thus smothered in feathers; a heat which, being unable to disperse, remains in the cushion. When the child issues from this debilitating machine into the pure, somewhat cold air, it naturally shivers and catches cold.

This is the way in which catarrh and inflammation of the throat and lungs are so frequently produced; they are natural results of sleeping in an unreasonably warm bed and then facing the cold air.

It is the same with grown-up people who often go to bed at night quite well and are attacked in the night by catarrh or inflammation of the lungs brought on by the intense heat of the bed and the breathing in of cold air, because cold and heat are opposed to each other.

The lower cover of the child's cot should neither be soft nor of feathers, but firm. The upper covering may be a thinly filled eider quilt which is light and not likely to develop too great a warmth.

Children have young vigorous blood which courses quickly through the body causing much heat.

I advised a Mother, who asked me how she should arrange her child's cot, to make for it a mattrass, of good straw, for straw warms well and never harbours too much heat; a rather soft straw bolster and a quilt or covering of eider down very thinly

filled. The Mother assured me later that her child slept much more quietly on this straw bedding, woke up less frequently and was in all respects more thriving since using it.

Great care should be taken that the mattrass has no cavities. When they exist the child is forced to adopt a crooked position and if for this reason alone the lower part on which the child lies should be always rather firm and quite even.

The head should lie only just so much higher than the body that the small space in the nape of the neck is filled by the pillow or bolster, this enables the child to rest almost flat in the bed. The nightdress of the child must not be tight nor should the sleeves and collar be closed otherwise a check would be given to the free circulation of the blood.

Many mothers are, I know, anxious to have my opinion of the cradle, I beg to say that I am very glad that its use is dying out, for its misuse has so often caused injury to the child. The cradle is quite unnecessary for the child and an altogether superfluous labour for the mother.

Many a child has been rocked into a dangerous and even fatal illness.

The favourite now is the cheerful basked-perambulator or mailcart, which the Mother gladly draws in the open air with her little ones and for

which I have nothing but praise. To accustom the children to sleep in them, simply draw the perambulator backward and foward.

I think it very undesirable for little ones to sleep in bed with grown people, for even if they be not suffocated as has not unfrequently occurred, yet the evaporation from older people is not good but, on the contrary, harmful for the children.

Asleep and Awake.

Mothers, I am sure, will desire to ask me if it is better for the child to sleep much or to be wakeful. Here is my reply: Plants and trees growing in calm places and not too much exposed to storms thrive best. Trees exposed to violent storms will soon languish but in order that they should prosper, gentle air currents and winds are necessary because they provide fresh air.

The growing child is similarly situated and we may call sleep a calm wind for the child. If it has a suitable bed to rest in and plenty of good fresh air it prospers best, but if the child is much disturbed in its sleep and cannot rest, it shares the fate of plants and trees which are visited too roughly by the wind. Children, who cannot sleep, are either ill or not properly cared for.

When one considers how weak and helpless children are when they come into the world, it does not seem strange to us that only those who enjoy sleep and have great care can possibly thrive and prosper, and even then we must nourish them well if every member of the body is to develop fully.

Thus I exhort Mothers to see that their children lie properly in bed, have room to stretch themselves their full length so that each member of the body is in its proper position, and to see that their sleep is not disturbed and that they breathe while sleeping only the freshest purest air.

If this last be prevented by damp or strong smelling articles in the room, you must remember that your children during their sleep breathe in matter injurious to health which, becoming mixed with the blood, may prove very serious to the childrens well-being. This will be seen by the sickly appearance of those who constantly breathe in the impure air; the unwholesome matter remains in the blood and operates prejudicially on the happy development of the whole system. It is also of importance that children should not be roused by people passing and repassing their room, for sudden awakening causes them fright or nervous excitement and may lay the foundation of convulsions later on.

Thus it is the responsible duty of all Mothers and Nurses to see that the children — and I repeat

it emphatically — are able to assume a proper position in bed, breathe a really wholesome air during sleep and are undisturbed in their slumber. And further, sleepy children should not be kept back from sleep nor, on any condition, should children be awakened because, according to the Mothers' ideas, they have slept too long.

Let the little ones sleep, do not disturb them when they laugh in their slumber and dream sweetly. A beautiful legend declares that a child who laughs in its sleep is playing with the Angels.

Again I say do not wake your babies but let them sleep; then they cannot fail to thrive and become sources of joy to you all.

I have still a word to say about the going to sleep. What a herculean task you Mothers and Nurses have in this getting the babies off to sleep! But allow me to say it is a plague you have imposed on yourselves.

A Gentleman told me that he and his wife had never had half an hours' broken sleep in the night with their five children, and that they had never had to carry a child about or coax it to sleep.

He said the whole art consisted in not accustoming the child to being carried about, or rocked, or sung to and in accustoming it to a certain order. "Our children" he continued "had nourishment regu-

larly during the day that is to say every two hours; in the night however only once which was at the end of four hours, nothing after."

If some one of the treasures began crying when it was not time for a meal they simply looked to see if some misfortune had happened in the little crib. When everything was once more all right they let the baby simply cry on. It always left off when it had made music for some minutes. "One would scarcely believe" said the gentleman "how easily children may be accustomed to regularity. Ours sleep regularly for an hour and a half, then they wake up, have their beds fresh made, are played with and fondled, then fed and again they go to sleep.

"Our being so little disturbed" he continued "is due also to our never admitting into the house the chief disturbers of peace the sucking things such as bottles, rings, teats and india rubber stoppers, all of which make trouble and are quite unnecessary. If such a stopper or india rubber tube falls out of the mouth of a child accustomed to it, it wakes up each time." The baby's bottle is an unwholesome and often a very unappetising thing. The india-rubber cork is quite unnecessary and the constant sucking of it occasions too much saliva and a great deal of wind in the stomach.

If a child is really ill and unable to sleep, make a bandage of a towel and lay it round the body, or dip the child for a moment in cold water.

Many Mothers cannot bear to hear their children cry, but I must remind them that crying is the sole work and pleasure of little children. They do not always cry because they are in pain, but the power to cry is given them to strengthen their lungs, to keep their blood in circulation, to assist digestion, and to make them rather tired so that they may rest better.

When children cry from pain, the Mothers themselves are often in fault, either they are not regular in feeding them, or they overfeed them, or they feed them with indigestible food.

What can I say to those Mothers who give their children poppy tea, (a decoction of poppy seed) or who dip the cork in brandy so that their children may sleep a long time?

It can only be the result of unlimited stupidity or execrable indifference, to think any other would be to conclude that such Mothers deliberately wish to murder their children.

Poppies and brandy and such like soporifics are simply strong poison to the children. Who would give their children poison? One might well desire for the little ones with such unnatural Mothers that the poison might soon do its work.

But these unhappy children are often merely rendered silly by this treatment and so live on in a miserable pitiable manner. Oh! how much will these Mothers have to answer for! It seems scarcely credible that people so stupid, so thoughtless, so without conscience, can exist. If one remonstrates with these women, (they do not deserve the sweet name of Mother) they become angry and say "stop your talk, others do just the same."

Of course one can say no more except "Go your own way, after all it is you who will by and by have to answer to your children."

The Nourishment of a New-born Babe.

When one looks at a new-born babe in all its poverty, helplessness and dependence one asks the question "What will this child become?" and the answer runs "This little miserable body will grow big, strong and durable, able to resist and fight against all storms which may assail it in later life.

In this weak building resides a mind or spirit which shews itself in three innate qualities, sense, reason and free will.

As the little body gradually develops so does the mind grow more and more capable till at length body, mind and spirit are in a condition to fulfil

worthily the work of life allotted to the individual.

If I wish to build a house, I consider first what material I shall use in the building. In like manner the Mother must consider what treatment and nourishment will be best for her baby, if the spirit within it is to have a good dwelling house.

There is no doubt that food and drink are the building materials for the body, but another question arises, viz. what must be given to the child in order to protect its body from decay and to promote its growth? In answer to this, I say to all Mothers Do not forget that children are jewels entrusted to you by the Eternal Father to be brought up in His Name, and if you worthily fulfil this sublime commission your reward will not fail.

If, on the contrary, you are neglectful and careless builders, then be sure your punishment will certainly follow; for God is just.

I only wish that all Mothers who possess such a heavenly jewel stood before me; it would rejoice me to tell them of the various articles of food and drink which would be best for building up and nourishing, and to point out those that would injure and destroy; and to impress upon them that those Parents, who gave the pernicious food and drink knowing that they were harmful, were drawing upon

themselves the reproaches of their children and the chastisement of Heaven.

As I cannot personally remind and warn them I will write down my thoughts here in a simple and practical form.

Because children at birth are so small, weak and helpless, our loving Father settled and regulated their mode of nourishment by a law of Nature.

This being so, the law should be as binding on the Mothers as though God Himself said to them "Thus and in no other way shalt thou nourish my jewels."

This natural law, moreover, is not only laid down for man but also for creatures, and the way these last obey this law should teach us not to despise it, and substitute for it an arrangement foreign to Nature.

As this natural law is laid on each Mother, she ought to be convinced that she has the power to obey it. If, however, she thinks she is not in a condition to bring up her child according to this natural law, it is owing to no fault of nature which does nothing in an incomplete manner, but rather the fault lies with her, in her bringing up, her nourishment or something else; indeed there are Mothers who fear to damage their physical beauty if they bring up their babies according to Nature's

requirements, and thus lose their husband's love. For such Mothers I do not write, words would be wasted on them.

Every human being knows what should be taken in the way of food and drink for the maintenance of health and all Mothers should be quite clear as to what they may give their children and not leave out of consideration the inborn natural law. It is only by the conscientious fulfilment of the same that the child receives the nourishment destined for it by God, on which alone a blessing rests.

By this it is plain that a substitute for the Mother, a wet nurse, can never completely supply her place. This is why I say, no one of Nature's laws relating to the child entrusted to you by God should be relegated to a stranger to fulfil.

Manifold as are the forms and features of the human race equally so are the dispositions, abilities and characteristics. For instance each person has his own peculiar infirmities, his own longings and ambitions, his own characteristics which permeate and govern his whole being.

This important fact requires a Mother to nourish her child herself and not to make use of a wet nurse if she wishes it to bear a resemblance to herself.

Perhaps many Mothers will reply "I cannot fulfil this duty, I am too weak, too infirm, too deli-

cate", and I answer this by a question "Is it not your own fault that you are so? Your body is ill nourished in consequence, perhaps, of your indiscretion as to diet."

No one goes unpunished who despises a command of the Lord, or leaves unfulfilled a law of Nature.

I warn every Mother who omits to fulfil the natural law written by God that she will not escape punishment which unhappily will fall also on her child. Very many illnesses owe their origin to the evasion of the law of Nature set down for the nourishment of the baby by the Mother herself.

This is noticeable even among the creatures. If for any reason they are prevented from nourishing their young themselves, the artificially reared progeny are usually miserable, weakly creatures.

Is not this a proof of the truth of my statement? If, however, cases occur, as sometimes among animals, in which a Mother, through no fault of her own, is really prevented from obeying that law which commands her to nourish her own baby, or where the Mother is removed by death, then of course other means must be sought either a wet nurse or artificial nutriment.

The choice of a Foster-Mother is such an important that it must be more closely investigated.

I desire to place the following before Mothers and Parents generally for their consideration. The Foster-mother should be youthful, quite healthy in mind and body, never having suffered from a severe illness whose results she might yet bear about with her, she should never have yielded to any vicious passion, nor have led an immoral life and should possess a virtuous character.

One must not forget that in building a good house, it is needful to use only good faultless materials; if even a few bad stones are employed, the house will be a failure and will sooner or later shew itself to be such.

One must go still more carefully to work when one builds up, by means of nourishment, the dwelling of a child's soul, its body. A deep truth is hid in the proverb which says of a child or a youth he has inherited this or that virtue from his Mother. Certainly the disposition to virtue on the one hand and to vice on the other may gain admittance to the child by its natural nourishment, just as germs of disease may be given to sucklings in the same way, and when once the germs have been instilled, their effects are sure, even though years elapse before they shew themselves.

And this holds true for evil as well as for good, for the body as well as for the soul.

How easily the disease of consumption is passed on from one generation to another and equally so the tendency to vice, it really seems as though evil, physical and spiritual, germinated more quickly and easily than their opposites, showing a certain likeness to weeds.

If then I were asked for advice as to which would be of the greater benefit to the baby, a Foster-mother or artificial nourishment, I should decidedly say the latter and for two reasons, first because it suffices thoroughly if given cautiously, and secondly because it contains nothing prejudicial to the child.

In all cases where it is decided to have a foster-mother a skilful doctor should be consulted and enquiries made of some trustworthy person as to the former life of the foster-mother recommended. Where artificial nourishment is thought best for the child, care must be taken both in the selection and the manner of giving it.

Several things are advised and recommended as aids by doctors and unprofessional people. I will mention some of these which may be used with good results and without injury to the well being of the child. Naturally they do not contain all the nourishment the Mother could have given.

I advised a Mother, who was very ill, to give her little child every two hours during the day

three or four spoonsful of oak-coffee (acorn). This is not all dear and can be obtained of any chemists. It may be prepared by boiling water being poured on it or it may be boiled for a short time and drunk with milk like other coffee.

The Mother took my advice and gave the child this coffee for a whole year and she thrived with it and became strong and healthy. Subsequently she had other nourishment given to her which, having been carefully selected, suited her well.

Malt-coffee is very good for the child and is prepared in the same way as acorn-coffee.

And now I name a third article which a doctor of my acquaintance gave to his children viz. cow's milk mixed with one third water every two or three hours.

Pure cow's milk is less to be recommended. In any case boil the milk before using so as to destroy any existing germs of disease. Instead of plain water mix the milk with barley-water, water-gruel, or grits-water, which materially helps the digestion in the little stomach.

Milk may be given by means of the well known feeding bottle, which I must impress on you to keep clean, not as people too often do now-a-days with bits of lead or shot which induces arsenic-poison-

ing but with white sand or with common salt and water.

Mortality among Children.

The number of children who die, especially in the first year of life, is alarming.

I wish to say something on this point, for in so doing I may preserve the lives of some of these little creatures.

The following was told me by a Gentleman. "I was on a visit to a Country Pastor when a bridal party arrived and my friend had to leave me for a short time to perform the ceremony. Before going he put into my hand a thick volume saying "This will interest you till my return." On opening it I saw it was the Register of Deaths in the Parish. I could not at first understand why my friend, the Pastor, had placed this before me; yet I began to turn over its leaves and soon it struck me that a large number of infant's deaths were registered especially of those under one year old. Now this thing interested me greatly and I looked further on and finally I began at the beginning. When at last my host came back, he asked: "Well! how have you got on?" I answered: "The book is interesting but it has made me feel quite sad."

"That is exactly how it affects me" was his reply. "Help me at any rate to find out the cause of this great infantine mortality for on an average, seventy out of every hundred children die."

I said: "I will gladly do so as far as I can, for from this register I seem to know the condition of your Parish better than four months of residence would have taught me." Perhaps we shall bring to light some reasons for this great infantine mortality". "In which" broke in the Pastor "I am only too willing to help."

"I distinguished" says this gentleman "between children who bring their death certificate into the world with them and children who come into the world healthy and then are made ill. Many children receive the germs of early death even before their birth. The reasons for this may be briefly enumerated. A good number of married people have no idea of the sacredness of marriage. How is it possible for a man who cannot write a single figure to be a bookkeeper in a large business?

Exactly as little can any one have an idea of the high significance of the Christian state of wedlock, which is really the summing-up of a thousand single figures, the total of all Christian virtues, if he scarcely knows by name any one of these.

A great many married people live together like unreasoning animals, behaving at every trifle like quarrelsome dogs.

Where self-interest, avarice, and dissipation bear rule, no true marriage is possible.

Where the stem is bad how can the twigs be healthy and strong?

The great mortality among children will not cease until marriages are better arranged and concluded with holier intentions, and when more reason, sense, and Christian principles enter into marriage.

Many children even before birth receive the death blow from their fathers; many a drunken man has robbed the child of the thread of life by the roughness and ill-treatment of his wife in her delicate state. It is not necessary to beat her black and blue, it is quite enough for the wife to experience his anger and displeasure, for sorrow and fright will hinder the proper development of the child. Oh how much harm in this respect does the Public-house-life occasion to men!

"Yes" said the Pastor in answer "many children bring the seeds of death with them into the world having been inoculated by the Mothers themselves. How foolishly some Mothers behave you would scarcely credit! Many a child is deprived of its power of life by their superstition, or stupid

fear of ghosts and witches; while other Mothers harm their children by want of moderation, by nonsensical desires, by indolence and other deadly sins.

Deadly sins rob not only the soul of life but kill the body also and in both ways fall heavily on the children of sinful parents."

"That is literally true", I (the guest) assented, "and I would remind you of the mischief wrought simply by coffee and brandy. A woman lies idly about and is always in want of something or other; then to satisfy her, coffee is made and drunk again and again. With this coffee she spoils her appetite and does not get sufficient nourishment and the poor child pays for it. It comes into the world weakly and dies after a brief space of time.

It is yet worse if the Mother is vomiting at all times and seasons and in order to subdue it takes brandy or some other liqueur constantly. In many districts the women take a good deal of such stuff, especially tea with arrack in it, so one need not feel surprise if the children nearly all die."

"And I have still something else to say; many women of the peasant class kill their children by unreasonable work. They will not or cannot pay any one else to do it and will do all the work

themselves, and do not think that they are responsible to their children, yet unborn, for all possible care and prudence.

There are certain sorts of work which have cost the lives of many children as well as those of the Mothers and what is worse no one considers the cause.

For instance in the district close at hand women are occupied in carrying home the grass in so called grass-cloths. A large wrapper is spread in the field, and a huge heap of grass is thrown into it; then another cloth is laid over it and the two wrappers are tied tightly together. Now the woman lifts this big, heavy bundle from the ground on to her shoulders. A doctor has told me that these grass-cloths cost an incredible number of women their health and life, and yet these women boast of the heavy burden they can carry. You would hardly wonder at the number of sick children and the large mortality among them if you were acquainted with their Mothers and saw the foolish things they do; they lift heavy weights, they stretch and strain their bodies, they vault over stiles and so on. Of those children who come into the world healthy many are brought to the grave by what one may call "blind partiality."

"How many children" he continued "are fed to death it is impossible to say! Many little lives

have been sacrificed to pap because it was made too thick and strong or because it was given too often and in too large quantities."

And now this gentleman said to me "The Reverend Gentleman and I touched on all the things that you, in your books and lectures, have so often explained on nourishment, dress, air and so on and at length we began to think that under the circumstances it was wonderful that still more children did not die than were noted in this Register of deaths. When I arrive in a strange place", added the gentleman, "I go to the cemetery and look for the childrens' graves. In this way I can guess pretty accurately how it stands with the true, living, practical Christianity of that community."

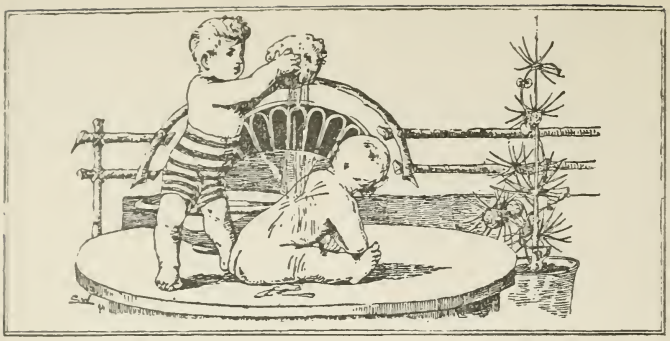
And the man was right, I must admit, "by their fruits shall ye know them."

If, in a community, too many fruits of wedlock lie in the cemetery, the marriages have turned out badly, the families are good for nought, and the whole community has failed in its duty.

There is still a good deal to be said under the heading of child mortality but then my whole book is nothing but a protest against child mortality.

I wish earnestly that many Mothers may read this little book, well consider it, and lay it to heart,

then not only will the death register become smaller but also the lists of names in our workhouses, hospitals, Lunatic Asylums and the Gaols; God grant it!



Second Period.

From Teething up to School-days.

Teething.

In studying the limbs of a new-born babe one notices how perfectly formed each one is and at the same time how weak and delicate, a condition which can only be remedied by proper nourishment and suitable care. This time of general weakness lasts during the first four months of life.

Mothers and Nurses should lay this well to heart, and during this time do everything that is required by the child's system, both as regards its nourishment and superintendence, so that no single member of its little body lags behind in development or becomes decayed and useless.

When four months have passed the first teeth generally appear.

If the children are healthy and strong they are not much troubled by the teething, but those who are weak and sickly, who have neither good food nor attention, suffer quite an illness while teething and are specially liable to disease in the mouth. Therefore one must keep teething children very clean and cleanse their mouths each time after taking nourishment with a clean piece of linen dipped in cold water so that no acidity forms on the tongue, gums, and roof of the mouth as this is very apt to bring on mouth disease.

The child should be daily strengthened by a cold bath, the dress should cling loosely to the body so that fresh air may reach the skin and promote activity in it. The child should be kept constantly in the fresh air. That special attention should be given to the nourishment goes without saying.

I must here emphatically warn against the use of the "sucker" which is most injurious and is the frequent cause of mouth disease. The child will sleep a good deal while teething; the better the little one sleeps the better it will thrive.

The Formation of the Bones.

If a house is to stand firmly and permanently the pillars, when they are built in, must above all be firm; the beams also must be of good wood

otherwise they will be too weak to resist the storms of all kinds which will attack the house. It is just the same with the human body.

What the pillars and beams are to a house so are the bones to the human body. And as the bones, like the whole body, are formed out of the blood, the system must receive such nourishment as will supply it with good bone-making material.

It is necessary too that the system should be sound and healthy in order that it may separate what is necessary for the bones from the food. The strongest and best food may be enjoyed even, and yet the child may be more or less in a sickly condition.

Therefore nothing is more important than a reasonable bracing of the body, because it is more likely then to separate from the food that which is useful and needful; and if thousands of children grow up as if they had only got half bones, the reason is either that the nourishment has been insufficient, or that the weakened bodies could not assimilate a great part of the nourishment.

I am of firm opinion that children, brought up according to the water-cure theory and taking the food recommended by me, will certainly get firm bones from the simple diet. Unluckily however, children so often have rotten skeletons for which

the parents are to blame in the first instance, but these also will acquire firmer bones by bracing and better food. Anyhow there are special means, like medicine for the sick whereby the formation of bone can be assisted.

I have very often made attempts in the rearing of domestic animals to give extraordinary remedies as well as good food, and have been convinced that the remedies have had a good effect. But these special aids would be without effect if, at the same time, the systems were not braced.

I have recommended in my books bone-powder and recommend it also for the rearing of children, but only in very small portions as a small addition to a well chosen diet. If one gives the children, daily once or, at most twice, an amount such as would lie on the point of a small knife or as little as a pinch of snuff in two spoonsful of milk or sugar water, it would have a splendid effect. This amount is quite sufficient because the system cannot use more at once - and it is quite easy to prepare this bone powder oneself as I have described it accurately in "My Water cure."

A second remedy is a very small dose of chalk flour, or powdered chalk, and a third is a small spoonful of tea of bark-of-oak twice a day for a week.

These remedies are harmless and will have a very good result; still they will have no effect upon a child who is weakened by injudicious food, because it cannot assimilate these articles.

The Preservation and Exercise of the Senses.

When school-children pass from the first class into the second, they feel happy in the knowledge that they have left a class behind them and are making progress. It is like this with little children. When at length a child gets a couple of teeth through, it is a proof that progress has been made in all its bodily members.

A healthy, well-nourished, cared for child will not spend so much time in its little cot but rest in the arms of its mother or nurse both of whom it seems to know quite well. It has entered on the period in which the senses bestir themselves and begin to strive for development. The eyes are occupied in looking at everything both far off and close at hand; the ears prick up towards the side whence a noise comes, the tiny hands stretch themselves gropingly after objects, the senses of taste and smell are active with children even from their birth.

Now what has a capable Mother to do, in order to help on a full development of the senses of her little one?

The human body is of all created, visible things undoubtedly the master piece, and it is unutterably sad that this masterpiece is so little known and therefore so badly treated. If each organ of the body is important, the five senses are so in quite a special manner, for they constitute the bridge connecting the body with the spirit. The five senses will be the most perfect in the most perfectly developed body.

If, however, the body is crippled and retarded in its growth, the senses will be doubly so, and if one of the five senses be lacking the child will bear about with it all its life a great loss, and the mother a never ending remorse if she were the cause of it.

One must see how necessary it is to give no food or drink to the child that may damage its body and at the same time one or more of its senses.

Seeing heads the list of the five senses, and unfortunately it is often not properly attended to. Mothers should see that the children live in clear, bright light; a dim light troubles the eyes.

Bad air acts prejudicially on the whole body and particularly so on the eyes.

Although the eye is meant to see with it should not be over strained. As one can overload the body with burdens so can the eyes be overburdened.

Never, therefore, let a child read in the twilight nor by a weak light, and if it really must do so, only for a short time.

One can accustom the eyes to become short-sighted and also long-sighted.

He, who lives on a hill from which he can get a beautiful view and see lovely objects far and near, should make good use of his opportunities and gain for his eyes the power of long sight. Certainly he will use his eyes better than if he lived most of his time in a prison and only looked at his four walls.

I am fully convinced that people who live on heights have peculiarly sharp eyes while, on the contrary, those who live in marshy valleys have weak ones.

Some people seem to think that the ear needs no special attention and yet it is really quite the other way.

Every time the face is washed the ears should be well rinsed out with fresh water so that no dust or dirt collects in the pores of the skin and forms a crust.

If obstructions in the blood and juices can form in the various parts of the body, why should they not collect in the ears?

Therefore accustom the child to strict cleanliness in the ears. Just as the eye may be braced to seeing far into the distance so also can the ear be braced to hear sounds very clearly.

Someone hearing a bell in the far distance called to his comrades "Listen to that bell."

They had not heard it, but their attention being called to it, they could hear it at first indistinctly but gradually more clearly. If this is often repeated the hearing will be all the more strengthened. If, however, one does not at all educate the hearing, it will become, like all that is neglected, weaker and weaker. It is just the same with all the remaining senses, they must be kept strictly clean and active.

Food.

When the child has made progress in growth it must still be helped and supported by good and suitable food.

Good milk is an excellent article, but, as I have already stated, it should be boiled before giving it to the child, that any diseased germ it may contain should be destroyed by the heat.

I strongly recommend a little fennel to be boiled in the milk even though it be only a few crushed atoms.

One should not give children milk only. The Creator offers man the most varied nourishment suitable for different parts of the body. In like manner little tender children should be so carefully fed that all parts of their bodies should receive daily necessary nourishment. I would therefore advise Mothers to give the children good nourishing soup morning, noon, and night, as soon as they can digest it. The child should have also small quantities of milk. It is the custom to give the little ones pap made of fine flour and if this is given in sufficient quantities to satisfy hunger it is certainly harmful.

Good broth, on the other hand, suits the children well, and indisputably better than the fine flour pap because it does not develop so much gas nor does it so readily puff the child out.

Oat or barley soup offers excellent nourishment, if good bread is eaten with it; by this I do not mean that made of artificial, refined flour but of pure unadulterated meal. The child should be taught great moderation in eating. The stronger the nourishment the less of it must be given and the less frequently; time must be given the stomach to digest it.

The consequence of disturbing the digestion by giving the child continually fresh food before it has digested that taken in earlier, is to bring on loss of

appetite, heart-burn, acidity in the stomach, diarrhoea, swelling of the abdomen, and many other unpleasant conditions.

Nourishment should not be given to a child oftener than five or six times a day; whatever exceeds this number is bad. Parents! I beg of you keep strict order in all respects as well as in eating. This order is indispensable for a good digestion and spares both you and your children an endless amount of pain and anxiety.

Do not permit **eating between meals** neither encourage daintiness nor eating of sweets.

Never give your children delicate sweetmeats or other confectioners' wares for they will pay dearly and promptly for the small doubtful pleasure.

You parents are not only concerned as to how much your children eat but how they eat. Above all they must be accustomed to eat slowly.

With eating, it is the same as with speaking and thinking; if one speaks slowly, one thinks properly; if one eats slowly, one digests properly. He, who eats slowly and masticates his food well, saves his stomach much trouble; if the food is well mixed with the saliva in the mouth, a good deal is done towards digestion, for well masticated food is half digested One should be careful not to give the children their food too hot.

Very hot food hurts the teeth; if heat and cold rapidly alternate in the mouth the enamel wears off and leaves the teeth open to harmful influences, making them rapidly foul and sick.

Also if food is taken too hot, the skin of the mouth peels off causing great relaxation, and giving rise to coughing and mouth-disease. Nor should children have warmed-up nourishment. Cold food decomposes and partially decays and therefore harms the stomach. One should not pass from one nourishment to another with children too suddenly, for such unexpected change is bad for their stomachs.

Children readily eat sugar and all kinds of sweet food but they are utterly worthless. It is true that sugar contains much nourishment but it easily turns acid in the stomach, causing great disturbance in the digestion.

The frequent consumption of hard sugar destroys the enamel of little childrens' teeth, causes acidity in the stomach, and puffs it out in the form of destructive gas, and this last acts injuriously on the teeth making them sick and unsound.

Spices and spiced food must not be given to children as they irritate the digestive organs and cause too rapid a digestion, and when they quit the stomach with the nutritious juices they come in to the circle of the current of blood when they still act

stimulatingly and, by too great pressure of blood to the head, cause headache and give rise to inflammations.

Greasy food and sour, salted meat must on no account be given to children. Grown-up people suffer from their use; how much more little children, who are greatly disposed to the formation of acid in digestion, and in whom salted food causes sharpness of blood which is removed by violent eruptions.

As beverage, children should only have milk and water with now and then a little chocolate. Wine, beer, tea and coffee are to be strictly avoided; they act like poison on the nerves and their consumption is largely answerable for the shattered nerves of modern society. To quench thirst the very best beverage is pure, fountain water. By its freshness it braces the stomach, cleanses the juices, and promotes secretions - but even here care must be taken that too much at once is not drunk. Everything in excess hurts. Taken in small quantities water is of great use but a superfluity of it is harmful.

As an example to show the good effect of a small quantity of water I say that a tablespoonful taken every hour will produce an easy stool and often relieve the most obstinate constipation. I have already stated how milk is to be given but I would

add here that it must be taken only in small quantities, chocolate should be more rarely given, yet in continued diarrhoea, it is of good service.

The Clothing.

The clothing for a growing child should be suitable, that is, it should be loose, not too warm, nor too thick, so that the young body may be caressed by the fresh air. The greatest cleanliness in clothing must be observed. The little shirt should be properly cut, that is broadly so that it does not hinder the circulation of the blood anywhere by fitting tightly. It should be made of linen or cotton tricoter.

Over the little shirt put on the child a thin upper garment which may in winter be of somewhat thicker material. This frock should be something of the shape of the shirt and loosely fastened in the middle of the body. It must not be too long or it will hinder a timid child from attempting to walk and probably cause it to stumble.

When the child can run alone the frock may be a little longer. At the earliest stage of infancy the baby had better wear only a linen or crocheted shirt made to open behind.

Mothers who dress their tiny children too warmly are guilty of a great mistake; they promote weakness in their offspring. Children who have become accustomed to warmth cannot endure the least air and get ill at every breath of wind.

When a child has reached its fourth year the dress may be changed but even then a tight pressure on the body is to be avoided.

It is nonsense to dress children of this age as sailors, soldiers, lossacks or Highlanders. Such a costume makes a child vain and proud and is not at all suitable.

Protect the head from too strong a sun by a light covering which, however, should not be black because that colour absorbs too many sun's rays and heats the head.

Leave the neck quite bare and on no account wrap it up; and above all see that the circulation of the blood to the head has no hindrance.

As long as the child can neither stand nor walk it needs no foot gear. Accustom it as soon as possible to going barefoot. When, however, it is needful to wear shoes, see that they don't press anywhere. The foot of a child is still tender and may be easily crippled by unsuitable shoes, and even if this does not occur tight shoes produce warts, corns and similar troubles on the feet.

Stockings should be given to children quite late and then never of wool but of thread. Gloves are quite superfluous for boys and fur-gloves are even laughable.

The Mother must exercise great care in the clothing of the child's chest. For if the latter is compressed by the clothing, the development both of chest and lungs is stopped. What that means and implies is made clear to us by the number of people who, in consequence of their narrow chests and diseased lungs, sink into the grave in what should be the prime of life.

On this account too the folly of tight lacing, which many foolish Mothers subject their girls to in the hope of their becoming slim figures, deserves the strongest censure.

Not only the lungs but also the liver and spleen, in fact all the organs of the upper and lower parts of the body must suffer from such compression which, often in later years, punishes the children severely and bitterly.

Occupation.

Just as in old age one loves rest sitting on the sofa within doors, or in an easy chair outside in warm lovely weather, for in a good old age the

life task is fulfilled and one waits for the sunset, so in childhood one loves activity.

A child loves the open air; as soon as it has learnt to walk, it seeks to escape from the house, it runs and leaps away.

A child is never inactive not even in the earliest period of its life. Even then the babies kick and move themselves in their cradles or cots, turn in all directions, stretch out their tiny hands, try to clasp and seize and make attempts to raise themselves until at last they begin to stand and walk; in short, little children are always in motion and it is a beautiful picture to watch the innocent little ones in their ceaseless movements.

By the development of constant activity children prove that they have begun to think and to carry out their thoughts. For example, a joiner of my acquaintance had a little boy scarcely more than a year old; he was never so happy as in his father's work-room; he occupied himself with shavings, compared them with each other, divided the long from the short and heaped both up in a special place.

But not only in the workroom did the child occupy himself but the same inclination and impulse to activity accompanied him into the open air when his father was there.

It tried to imitate and exercise its tiny power; certainly a good augury for the future. Just the

same was it with the joiner's little daughter who mostly stopped with her Mother and imitated her work. If the Mother sewed the girl practised this object-lesson also; if the Mother cleaned out a room the child helped her, if the Mother went out the little one was not far behind, and observed all, that she might be able to imitate.

These two children grew into good, industrious, busy people and found pleasure in their work. All children should be occupied as it leads them to think, and if the occupation is in the open air, it is good as it braces the body at the same time.

Play or Recreation.

Play is really the occupation of children and the play that requires movement I consider the best because it strengthens the muscles and braces them, it develops the body and makes it supple, therefore all other games must take second place. I especially desire to limit those games which depend on bought playthings. The child's favourite plaything is that which it has made with its own hands and from its own imagination, and by which it can employ its youthful strength.

Happy are the children who live in the country and have at their command a wide kingdom for their games.

I knew a peasant who had three boys. As he did not like to see them idle, he bought them a he-goat and a waggon to harness it to. If the goat were unruly, the three boys kept together and overcame it; sometimes they took the goat out with them, sometimes it was harnessed, and the boys invented all sorts of things for the entertainment of themselves and the goat. If both boys and creature were in good temper, the day passed very happily, if the contrary, then there was a battle; the goat had to return to his stall and the boys were tired and took a rest.

This peasant-father was also a landowner and he made his boys a present of a box of agricultural tools. The boys were delighted with the implements and made constant use of them, and in this way not only learned to think, but accustomed themselves to work, laying a good foundation for the future.

This clever father had also little daughters towards whom he acted in like manner. He presented them with tiny garden and household tools so that they might imitate the actions of their mother and the domestics.

I think such training as this deserves a high place and every attention; and I must here express my profound regret that in many of our Orphanages and Educational Establishments, which look so imposing and grand outside, no provision is made for

training the children as this peasant-father trained his family.

A game greatly to be recommended because it particularly assists the development of the whole body is that of **running races.** The children decide on a certain goal and whoever of the runners reaches it first is not a little proud, while the laggards are ashamed and make every effort to be victors in the next race that is run.

Undertaken in a sensible manner this game not only benefits the physical development but proves a good school for strengthening the will and for giving opportunities of practising many virtues. **Running Races** should be accomplished bare-foot.

Tight shoes and stockings are quite as harmful to children as tight drawers because the blood is stopped in its course and, by pressing upwards, strains the veins in the head.

For strengthening the mind and body small walking tours are of great service in that they draw the children's attention to the beauties of nature in the woods, the meadows and the plains, and open their eyes to the wonders of the animal and vegetable kingdoms.

If children see soldiers on the march, they at once, of their own accord, begin to imitate them and strive with each other who shall do the step best and

continue it for the longest distance. I call these children happy when thus tempted to active exercise, which is really the best sort of game for those who have already learned to walk.

It is a well-known game in many country places for the children to walk on stilts. How eagerly they practise till at last they can manage it well, and the joy of it is great because the success was gained by force of their youthful will.

How anxiously children look forward to the first snow; for then they go out with their sleighs. Some harness themselves to the ropes while others sit on the sleigh all equally delighted at the ride; then they change about and in their fun benefit their bodies not a little.

Snowballing is a very healthy exercise, yet the children should be warned not to pelt everybody who comes their way.

It is good to decide on a goal at which to aim for then one practises hand and eye at the same time in an astonishing manner.

Do not prevent boys of spirit from climbing but warn them against foolhardiness; let them play ball and be glad when you see your children playing "Blind Man's Buff" or any other catching game.

Observe the happy peasant-children when they join in cheerful, childish struggles accompanying

themselves with simple songs! These are splendid games and of more use to boys than arranging whole regiments of lead and tin soldiers; though not for the world would I pass sentence of banishment upon these, nor would I prevent girls from occupying themselves with dolls.

Yet I prefer, above all, open-air-games and rejoice to see the children pursuing them during the summer in the neighbouring fields, and in the winter pleasing and hardening themselves with ice-games, sleigh-drives and snowballing.

The children, however, should not be too much wrapped up; for it is this foolish over-careful precaution against taking cold in the open air which weakens them and opens the door to illnesses.

Parents in the country complain when their children are obliged to walk long distances to school, often two miles or two and a half. Certainly it is hard on the children, especially in winter, but it is not to be denied that it is just these children who are the strongest and the healthiest.

If some childish epidemic breaks out among the scholars, the country-children, who have their long walk daily, rarely suffer from it, a proof that breathing in the fresh and even icy-cold air keeps them strong and makes them capable of resisting.

By lifting and carrying light and gradually heavier articles the strength can be well exercised.

In my youth I made bricklayers mortar for a whole summer. While so employed I wanted to specially exercise the little finger of the right hand, so as to see how much I could carry with it. I began with a brick, raising it on my finger several times a day and then added a stone daily till at length the little finger could lift two bricks. I exercised my finger in this way until it was able to raise ten bricks; the single stone weighed ten pounds and that of the ten bricks one hundred pounds!

Those who do not know what can be accomplished by persevering exercise will probably consider this a fable.

With country children there is no impediment to this sort of exercise, for even at the age of four and five they try to do work and delight to imitate their elders in lifting and carrying; and one is astonished to see how much strength they have and how much they can accomplish between the ages of ten and twelve. Of course there is the danger of their becoming reckless, for youth is very daring, still if the parents are prudent nothing can well happen to the children.

Again what splendid opportunities for activity **gardening** offers to children; in my home my parents allowed me to have my own little garden where I planted a variety of things; it was as valuable to me as a farm to a peasant. I noticed how my pa-

rents managed with their big garden and I exactly copied them.

In the country, therefore, there is no lack of contented and healthy occupation for children, but things are otherwise for those in towns. These have neither the fresh air nor the necessary space for various exercises and bracing games.

Many are confined chiefly to rooms so they can enjoy childish freedom but sparingly, whereas there are plenty of boys in the country of eight or ten years old who know how to ride and drive and manage other sports. There is certainly a great difference between youth in town and country for at an age when the latter are acting with independence and self-assertion the former are scarcely out of the nursery, and when at length they become familiar with the streets, they meet with dangers both to soul and body, dangers which abound in towns. Here only can the parents watchful eye guard them from harm and even this protection is not always enough.

For the rest I often wonder that considering the modern condition of our towns the mortality of children is not even higher.

Look at tender delicate children cooped up in cities which are the breeding places of all sorts of disease! Surely help is needful here.

It is true that in Town-Schools physical exercise is attended to by the practice of gymnastics, but of what use are one or two hours weekly of Gymnastics? They are far too little.

Now a word on Girl's games. These incline more to the occupation of the mother and are exercised mostly under her eye.

The girls watch the mother when she cooks or cleans the hearth and when she washes and they try to do the same.

If the mother is sensible and has her tiny daughters about her, she allows them to take part in all and shows them how to do it. The mother is the best teacher of object lessons.

In each child there is an impulse to learn and to do something and this will increase where several children are together because a sort of competition goes on amongst them as to which of them can do it best.

Baths and Means of Bracing.

In every stage of childhood, water, as a remedy, cannot be too highly recommended, it is powerful in assisting and improving the physical condition of the child.

In this second stage the same applications may be used as in the first, those in the form of baths being of special advantage.

Of these, half-baths are easiest to give. When once the children get accustomed to them, they will like them because, after taking them, they will feel stronger, their bodies will be warm and they will have a good appetite.

But I do not say that children must bathe every day. As they get older three or four times a week will be sufficient, though of course a bath every day is healthier.

The half-bath reaches up to under the shoulders. It is of benefit if, during the short time of from one to three seconds that the child is in the bath, the remaining part of the body up to the head is washed but all should be over in the three or four seconds.

The whole bath may be combined with the half-bath for a child accustomed to water but one need only immerse it up to the head. Whenever the head is bathed the greatest care should be taken that it is afterwards well rubbed with a dry towel so that no cold air gets to it before it is completely dry.

Children like the douches very much and may have them two or three times a week in the form of an upper-douche, a knee or a hip-douche.

The days on which they receive douches they should have no other applications.

The most important means of bracing the body is going barefoot. Children should be as much as possible without shoes and stockings which should be used only in emergencies.

Many high-born people are reluctant to allow their children to go barefoot but they should allow it if only for a short time, it certainly in no way hurts the rank of highbred people; Kings and Emperors come barefoot into the world.

A Count who practised going barefoot according to my method said to me: "How could my Mother have deprived me of such an excellent means of bracing? There certainly is no better method of strengthening the nerves and making them elastic than going barefoot, and every Parent is guilty of a great mistake who deprives her child of this means of bracing."

It is considered by many very unreasonable to ask weak delicate people to go barefoot and yet one has only to regard those who do so and note their good and healthy condition to know that it is very reasonable and advantageous. Wading in water is another very important means of bracing and children love it and the moment they get near a stream they want to walk and splash in it. Why should

we not grant children this pleasure which is also a promoter of health and a strengthener of the body?

Vaccination.

There is a law which obliges parents to vaccinate their children. There are two views with regard to this one is, that vaccination rouses the dormant germs of disease in the child's body, and conducts them away thus assisting the prosperity of the system. The other view is, that, by vaccination, all manner of diseases are introduced into the body.

This accounts for the unwillingness of parents to allow their children to be vaccinated and for their doing so only under pressure of the law.

Where no obligatory vaccination laws exist as in France, Holland, Belgium, North America, or only in an indirect way as in Austria and in Denmark a good many people shirk obedience to this law of health.

My judgement as regards the value of vaccination rests not only on decided and long experience but on firm conviction also. Most patients who come to me are those who have been given up by all and who can find no help anywhere.

Amongst these are many whose illnesses are a consequence of vaccination and which set in immediately after it.

A little time back a four year old child was brought to me whose face was covered with such a bad eruption that the whole head was full of ulcers and the eyes almost blinded. Every medical aid which had been used for three years had proved useless.

The mother explained quite clearly that her other children were perfectly healthy and that this child had been so up to the time of its vaccination. She cared for her children, kept them clean, and gave them good food so that the physical misery of her child she believed to be solely due to vaccination.

I could give many cases like this.

If it is necessary to get rid of the collected germs of disease from the bodies of growing children, one can best effect this by means of the water cure. Why then try Vaccination?

Hundreds of such children are brought to me as above described; even though they be covered with ulcers and eruptions, I can heal them all easily, provided that they otherwise possess good organs.

Taught by experience I say that water, sensibly applied, drives away every disease. The child mentioned above was cured within four weeks and in the following manner. A shirt dipped in warm hay-flower water was put on at first three times a week, then twice, and lastly once, and the child was then wrapped up in an ordinary covering for an hour and a half. The child was daily washed with cold water, later a half bath took the place of the washing.

This was continued for four weeks. In the meantime we gave the child good food and it soon got into a better condition.

Similarly affected children have been cured by me by dozens, a certain proof that one has, in water, an incomparable means of driving out diseased matter, carrying it off and strengthening the system. I would hail with joy a law compelling every child to wear a hay-flower-water-shirt once or twice monthly and I am convinced that children thus treated would never have small-pox.

As with children, so with grown people, many illnesses arise according to the parents account immediately after vaccination and develop other diseases not curable by medicine. I know plenty of such cases. Instead therefore of vaccination possessing the value attributed to it viz conducting the diseased matter off and driving it away, it throws many people into bodily misery on account of eruptions and other bad bodily conditions.

When therefore a mother, or nurse, observes an eruption on the child after vaccination whether on head, eyes, or other parts of the body she should operate on the child as I did with the one I have spoken of.

Third Period.

School Stage.

Work.

When the child has arrived at this point and has developed its mental powers sufficiently to learn, care must be taken that the physical education keeps pace with the intellectual. This is more possible in the country than in towns. Just as in the second period of childhood the little ones worked, the sons near the fathers, and the daughters near the mothers so now in the schools the daily tasks must be done and at the same time the bodily powers must be braced and strengthened.

With increased work however the child must be guarded from overstrain.

Children accustomed to work often shew such zeal and energy that they attempt too much and injure their health. Parents must never forget that the child's bones are still very tender and that if

strained they will become bent and be brought into a position which may end in crippling them.

I knew a very beautifully formed boy who had the folly to indulge in lifting and carrying very heavy weights. One day while carrying a heavy burden on his back he suddenly heard a low crack, and fell in a heap; and from that day forward his back was bent and he became quite a cripple.

There are plenty of such examples, and although the injury may not always be as great as with this boy, still carrying weights beyond the child's strength is calculated to work a good deal of mischief.

A good many country people are bent and crippled just because they began very hard work too early and so hindered their physical development. The proverb "Too little and too much spoils everything" comes in aptly here. If it is an important duty to accustom young people to work and develop their bodily powers, it is equally important to keep them from overstraining their powers.

The middle way is always a golden path and Parents and Teachers should lay this to heart. Along this path children should be zealously guided especially with regard to physical work, so that they may early acquire an aversion to indolence which leads to all wickedness, and learn to recognise the great value of work. It is important that children

should learn to respect work, and I regard it as a misfortune that so many young people now-a-days despise it and fly from it. Therefore, Parents, I beg you to take every opportunity of shewing them that work is something beautiful, useful, wholesome and noble.

Work is the salt of life, the highest and noblest thing here below.

All the unhappiness in the world, in countries, communities, cottages and palaces arises from our not understanding the loving chastening word of God "In the sweat of thy brow shalt thou eat bread."

Work, both physical and intellectual, is healthy and necessary for everyone. How much more then is work in a Christian sense, that is, with good intentions? There is nothing more noble on earth than work, it makes men into angels. Therefore impress upon your children every day the value and nobility of work. In former days what pride and joy people took in work, the farmer in his well cultivated fields, the wheelwright in a plough he had made, the shoemaker in a pair of boots, the country girl in the linen spun and bleached by herself! It was however no empty silly pride, it was the clear sense of duty fulfilled, it was the feeling of the blessing of work; that was indeed solid gold in a mean dress. Now it is different; country women are proud of the ostrich feathers in their fashionable hats, shoe-

makers of their intoxication, the peasant of his bowling. This is largely due to placing before children all conceivable silly fashions, as of high importance, and omitting to teach them the virtue of work.

I cannot repeat too often, Parents, plant in your children respect for work; instil into them a love for it, and enforce it by example. Your praise and commendation will do much to help. With a drop of honey one catches more flies than with a cask full of vinegar. You might occasionally encourage them with something more than words, a few pence perhaps for their money boxes. In this way you teach them not only to deserve but to save. How few people understand this art of encouraging!

In bringing your children up to work, you will, I hope, induce them to do it for the love of God; point out to them God's goodness towards them and how He rewards work performed for His sake.

Keep this spirit alive in the members of your family large and small, every morning and night by daily prayers, and so bring down blessings on yourself, your children, your house, and your store.

In our days it frequently happens that too many subjects are crowded into our school education causing a strain upon the bodies and souls of the scholars to their great injury. The proverb holds good here "Too much is bad."

Short-sighted parents who like to boast of their children's accomplishments encourage this overstraining, which leaves them no time for play or physical exercise; and the consequence is that the school of practical life and useful work is denied them and they become crippled in mind and body.

Do not tease your children too much! Be content if they get good marks for industry and good behaviour.

Some parents, from avarice, keep their children too hard at house or field labour and leave them too little time for learning. Such parents take a heavy responsibility upon themselves and must answer for it later. It is sad that in rearing children some people think only of this world's profit and forget altogether their eternal destiny. Whoever wishes to rear children for Heaven must give them time for religious training.

I will now only add one thing: Do not forget bracing and water-applications for your school-children. Do not wrap up their head and neck too warmly.

Where boys are so deeply buried in caps with ear flaps or in fur caps and where girls wrap their heads about with handkerchiefs, illness is never absent in the shape of eruptions and headache.

Thick woollen comforters are sure means of getting pains in the neck, chest, larynx, and teeth.

And here I must once more remind you of the danger of making the collars too small round. Think of the misery of having epileptic children and yet in many cases this condition has been brought about by the tight band or collar which has been sufficient to produce blood obstructions. Mark it well! the collar must be so loose that one can pass one's whole hand between it and the neck. Be especially determined to have wide comfortable foot gear and on no condition allow India-rubber soles to the shoes or India-rubber goloshes. Let the children as much as possible run barefoot and wash the upper part of their bodies in cold fresh water every morning, and twice a week take a half bath or a whole washing. If now and then an eruption or other symptoms of unhealthy juices appear, let them fearlessly put on a shirt dipped in hay-flower water such as I have already advised.

If you brace them with cold water applications, your children will rarely get eye-disease, ear-ache, tooth-ache, coughs, or rheumatism. Thus you save them not only from a number of diseases but you keep their spirit fresh, strengthen their mental faculties and exercise their power of will. All these will facilitate their learning.

Obedience.

It is related in the Holy Scriptures of the Pattern for all men, our dear Saviour, that He was subject to His parents for thirty years and that He increased not only in age but in wisdom and amiability before God and man.

Of how many boys and girls could the same be said? On the contrary one hears everywhere complaints of the wilfulness of youth and of their silly tricks.

This is very sad!

Still more lamentable is it that the parents are most to blame for this wildness.

Two mistakes are made here!

Many parents require too little obedience from their growing children and many require too much! Either too little or too much is equally foolish. There are parents who lose all control over their children when the latter reach the age of thirteen or fourteen.

The children get up and go to bed when they like, and go out, especially on holidays, when and where they please.

What sort of domestic management is that?

Instead of the children becoming every day better and more loving they are continually learning disobedience.

Where will it end? Have you no longer any rods, you short-sighted parents? It will not be long before you will receive chastisement from your children. I feel inclined to say, "Such parents deserve nothing else!"

But there is yet another side to the matter.

The parents should be impressed by nothing so much as by the truth that they are God's deputies towards their children.

Just as God's laws should never be transgressed, so also the commands of the parents must be always faithfully carried out by the children.

If once the father or mother has spoken to a child, the latter should be convinced that nothing can alter it.

If parents once begin to give in to the children, the children will soon exert themselves to have all their wishes granted.

And how quickly it comes to pass that the sons and daughters at last pay no attention at all to their parents' orders.

Therefore, you parents, be prudent in your commands so that you never have to retract them!

But remember, even if the children are right once and again in trifles, they should not be yielded to, if the father or mother has spoken.

There are however parents who are much too strict with their growing boys and girls. They are always ordering them about and scolding them all day long. That is bad and such children do not, as a rule, turn out well. These parents require of their children too much blind obedience.

A little child must obey them to the letter without knowing at all why their parents require this or that, for its reason has not yet developed, therefore it must blindly obey.

But this should not and ought not to continue, it must give place to conscious and free-will obedience, that is to say, the children should gradually learn to know the reasons why the parents require this or that and why they, the children, must obey them.

For instance, a child of two years old wants to take hold of its father's pipe.

The words, "Let it alone!" must be enough for it then. But when a boy of fourteen wants a pipe, a simple "No!" is not sufficient.

You must give the boy reasons why he should not smoke; you must so explain to him the harm-

fulness of smoking that he will, on account of these reasons, gladly and willingly avoid it.

Such a boy learns by degrees to obey willingly and cheerfully and to give up his own way.

One cannot always send a nursery-maid after him! It is the same with girls. To simply forbid this or that fashionable article of dress is of little use.

The girl herself must learn to see its folly and harmfulness (of tight lacing for example) and must willingly and cheerfully learn to renounce such an unhealthy custom.

This difference between the blind obedience of little children and the conscious, joyful obedience of bigger children is overlooked by many parents and has very bad consequences.

One must not require blind obedience from big children; one should always explain to them the "why and wherefore". Little children, on the other hand, must certainly be accustomed to what is right, beautiful and good by blind obedience.

By degrees, however, they must be taught to see why their habits are right, beautiful and good so that they always remain true to what is good from **conviction.** Big children must learn to re-

cognise that all that God requires of them is for their benefit and that He denies them only that which is bad for them.

The Care of the Human Soul.

With children everything should be carefully avoided that in any way excites them. Do not season their food; for salt is not only a stimulant but a caustic which weakens more than strengthens.

I have already warned you parents not to give your children tea or coffee and very seldom chocolate for they also irritate; they act unfavorably on the blood and nerves and weaken the inner organs, especially the kidneys, bladder, stomach, and intestines. These beverages have no nutritive power, why then give them to your children?

Pepper, cinnamon, cloves and other like spices, beside parsley, celery and asparagus are prejudicial to children.

I have already stated that every article of dress must be loose, a tight pair of trousers may occasion the boy serious consequences; it is the same with a girl if her dress is too tight anywhere.

It is a sacred duty of you, parents, to provide your children with clothes that quite cover them,

especially to be condemned are too short dresses for your girls.

It is inconceivable how forward young people are in the present day, and sad experience has shown that this childish forwardness can lead to bad thoughts, unwholesome talk, and unseemly actions.

I cannot understand how mothers of high rank can let their girls wear dresses that scarcely reach to their knees. It seems to me an inducement to immodest conduct.

One cannot therefore admonish too earnestly and emphatically to have this foolish and ruinous fashion altered.

Boys have an ugly practice of keeping their hands in their breeches pockets. I knew a Professor who punished each little scholar who had not buttoned his jacket or who stuck his hands in his pockets. It is quite comprehensible to me and to other people why the professor inveighed against this folly.

Too warm a dress is quite as bad as too tight a one. It causes a harmful irritation on the whole body by too great a generation of heat. As a cold nature is the quietest, so is it the most excellent protection against many evils. I have already spoken about stimulating beverages and forbidden their consumption. Every spoonful of wine as well as of beer

acts as an irritant. The common proverb is right "a drunkard is no discriminator". One makes the sad observation that this proverb finds frequent application in the child world.

Worse, however, than beer and wine, is brandy. It is a crying shame to parents if they allow their children to drink even the smallest drop of this spirit.

How common and loathsome this drink is, is shown by animals who run away at once if brandy is held to their noses. Woe to you, Mothers, if you offer it to your children! If it causes so much sorrow and excitement to grown people producing destruction to their bodies and ruin to their souls, what sad effect will it not have on children whose natures are still weak and therefore more exposed to its baneful influence than that of a full grown man.

Therefore you, parents, give your children no alcoholic drinks if you do not wish to bring upon yourselves misery and shame. If, in spite of my warning, you persist in doing it, you will live to repent it bitterly. Unfortunately there is more than one senseless mother who is not afraid to send her restless child to sleep by giving it a tablespoonful of brandy.

Such a mother is an unnatural parent, and no better than a poisoner and infanticide, for she

destroys the body and soul of her child. I know of yet another poison which may occasion great injury to the children, I mean bad talk.

Children are uncommonly inquisitive and curious. Just as they notice every action so also do they listen to every word.

Therefore one cannot be too careful about the gossip which one lets fall in the presence of children. Especially do not allow strangers to talk loosely or immodestly with children present.

The child must be taught early so to guard itself that it never soils its mouth with dirty words. Refined people hate unspeakably, filthy, unwholesome and immodest talk.

While I was yet a boy, there were six people once sitting together at an evening party. All at once my sainted mother, who was also present said, "Don't you see those red stockings hanging near the stove?"

I looked but saw nothing and thought it must be some joke my mother was making. Later on I found out what connection there was with red stockings. It was meant to show that, when children are present, no conversation should go on that they ought not to hear.

One can also say in such a case that the room has not been cleared, which means, that observant children are present.

The modesty of children is such a tender plant, that one cannot be sufficiently on one's guard to preserve it. How thoughtlessly many mothers go to work with their children, especially while dressing and undressing them. When they are quite undressed, they run about naked thereby nipping in the bud the feeling of modesty. That which one accustoms children to in youth, they will continue later.

Therefore be yourselves modest in word and deed, you fathers and mothers, and consider that words move, but example attracts!

I recollect a splendid father and an excellent mother who brought up their children to say their prayers aloud every night when they went to bed and to continue doing so till one by one they dropped off to sleep.

In the morning also the children while getting up and dressing said their morning prayers aloud and only ceased on entering the day-room. I know of no better or more beautiful exercise by which to accustom children to proper purity of speech. Children brought up in this way will remember it with pleasure in later years and still experience its good results.

A new danger arises to young people when they are able to read and try in all conceivable ways to satisfy their desire for literature. Remove therefore

out of their reach all books which can give one the smallest cause for uneasiness as regards modesty.

Especially let no romances fall into their hands. A bad book taints them body and soul.

Thousands have been brought to ruin for time and eternity by such books or by shameless pictures which modern artists and painters have put before them.

I must specially warn parents who live in towns of danger to their children by looking at the shop windows. Whoever knows the shamelessness with which modern art plumes and spreads itself out in the windows of our big towns is aware of the danger which threatens our young ones from this quarter. Therefore I say keep them away from these sources of mischief which occasion mental excitement.

Again do not hang up any pictures in your own homes that may injure the innate purity of the young. Nothing is more dreadful than the thought that parents themselves are the seducers and tempters of their own children.

Be careful also about the children's beds and guard against overfilling the quilts with feathers. Also when the children are playing a watchful eye should always be on them. Children should at all times and in all places be quietly and unobtrusively observed. And even the way they sit down should

not be regarded with indifference. Do not suffer them to cross their legs one over the other which is extremely immodest. I once saw a boy who, full of sauciness, was lying on his stomach and rolling hither and thither. His father became aware of this at the same time that I noticed it and at once punished him. He would not suffer this immodest and at the same time unseemly movement of the body, and to my mind he was quite right.

This same father has forbidden his children to swing because of the wind blowing the dress about, nor does he allow them to lie about in bed when once they are awake; he had capital children.

Again forbid children to slide down the bannisters, control the use of the hobby-horse, and don't buy them a bicycle for the use of these things irritates certain parts of the body.

Another warning I must give against sending children to bed without food, they cannot sleep properly on empty stomachs, and to toss restlessly about in bed is bad for them.

How many children are ruined body and soul because their parents are so thoughtless as not to watch over their intercourse with companions, forgetting that "evil communications corrupt good manners" Firmly and decidedly parents must forbid acquaintanceship with immodest or tainted compani-

ons, bearing in mind that a rotten apple lying near a sound one taints it also. If children want to satisfy natural necessities, instil into them the most scrupulous modesty. Children should not be allowed in the animals' stalls at all seasons, the effect upon them is not good; this of course applies to those who live in the country.

Secret vices are most pernicious to youth, the consequences of which have ruined many promising children. One of the most sacred duties of parents is to keep their eyes open in this respect, and not to deceive themselves, lest a day should come when they will awake with terror.

I will give a few hints by which one can recognise when all is not right; the children lose freshness in face and complexion, their eyes are tired and timid, they are indolent and no longer care for play, and they often cry without any apparent reason. They are, as a rule, not courageous but terrified at trifles. Children who practise secret sins find no strength in sleep, and food does not seem to strengthen them. If Mothers ask me "How can I protect my child from this danger?" I answer "Accustom your child from earliest days to activity, occupy it from morning till night and keep it always interested and amused." This keeps it happy and bright, gives it a healthy appetite and life giving sleep.

Be careful, however, not to err in the other direction and overburden them with tasks, otherwise in avoiding one evil you bring about another.

Yet a few hints for parents who observe that their child in spite of all possible foresight has succumbed to a secret vice.

Father! Mother! Be not too harsh with such a child!

Make the unhappy creature aware of the bad consequences of such a sin, tell it that by this vice it will be destroyed for time and eternity. Gentleness, patience and wise forbearance will accomplish more with such a child than harshness or unreasonable punishment. You will lead your erring child far sooner into the good road by love. Earnestly warn him, however, against initiating other children in this vice.

Whoever thinks he has not enough power over his child for this, consult some sensible friend; who could be more suitable than the clergyman?

One confides to him oneself and one's child. With the united strength and decision of the parents and clergyman surely the object will be attained.

Even when the child has improved never relax your watchful care. Keep everything from him of

an exciting nature, give simple food and allow no alcoholic drink, and let the bed be hard rather than soft, and impress upon him your wish that he should get up as soon as he wakes. It will require the conscientious fulfilment of all these if you are to preserve your child in health and prosperity.

Fourth Period.

The Hoyden or Tomboy Age.

I have already, in this little book, lamented that the ruin of the children may often be traced to the carelessness of the parents, and I am sorry to say that of those young people who have passed through the schools more or less satisfactorily a large number come to grief.

Now comes the most dangerous time and age, the so-called hobble-dehoy stage — called with girls in Germany Backfisch-jahre — or Tomboy age.

At this period the young man is usually at his stupidest and it is just here that he comes fresh and ignorant into some of the greatest experiences of life, and the sad thing is that people scarcely concern themselves with the youth and the young girl, they are allowed as it were to run wild.

It seems as though the duties of bringing them up were now at an end for the parents. If only the young people perform their work in the field, in the office, or in whatever position they find themselves, passably well, they may do otherwise what they like.

There seems to be no one to keep them up to a high standard and no one to trouble to stimulate and guide them to progressive cultivation in their trades or professions. The man or woman is lost who regards work only as a burden, and who finds no joy and no pleasure in labour, and yet who is there to take any care that our young people shall feel this joy and pleasure? On the contrary, work is made as distasteful as possible to our students, assistants, clerks, and serving maids.

Fathers, mothers, or teachers rarely give themselves trouble to find out how the young people spend their leisure.

"One must let them have some little pleasure", they say which means, "One need not worry oneself on their account in their leisure time, their amusements, and their games."

Such people seem to me like a carter who carefully conducts many boxes of glass-ware up the mountain but downwards he walks negligently behind the waggon and does not even put on the drag. The waggon soon lies in the ditch and of the boxes with their contents only fragments remain.

Thus many thousands of young people come to grief because they are left to themselves in their leisure time. The danger, however, is by a long way not so great going up the mountain when working, as in coming down when at leisure or amusement.

I will only add to this important chapter a few words to parents and teachers viz. that they should bestow great attention on instructing young men and women how to spend their leisure pleasantly, cheerfully, and reasonably and to impress upon them that those who have no exalted and innocent amusements are liable to fall into rough ways and manners.

What do a large portion of our work-people journeymen, clerks and students know of amusement except that of sitting in the public house or listening to dance-music? How few of them take pleasure in God's beautiful nature or in noble books? Where have the beautiful old family games gone?

Now-a-days that only is called pleasure with many people, which provides a grand spectacle and costs a lot of money.

A quiet, harmless, cheap, healthy and ennobling amusement such as was practised in every house in the good old times, is quite unknown to our young people.

How lovely it is when father and mother, children and dependants amuse themselves together at

home! This is quite different to each one running his own way to public house or music hall. Formerly such things were unknown. After church or on holy-days people went walking with each other and in the evenings they amused themselves at home telling stories of old times or of late wars, reading or inventing innocent games. And certainly they had far more pleasure than those of the present day who indulge in noisy costly entertainments.

You, who would keep your sons and daughters from the dangers and temptations of modern life, make your homes happy and provide there some beautiful entertainment, in which all the members can take part either as actors or listeners.

Prohibitions, scoldings and naggings are powerless to accomplish good.

Teach your young people the dangers of modern pleasures and entertainments and make them see you have their good at heart when you try to supply them with better. This information is quite indispensable if you are to gain their sympathy and cooperation.

It is much to be deplored that there are so few fathers and mothers who can impart to their children the necessary information on sexual matters and the holy state of matrimony, and the consequence is that many of our young people come quite unpre-

pared into the midst of the dangers connected therewith. So many of our lads and maidens are getting out of the practise of coming to church. Therefore ye fathers and mothers I want you to consider that your duties and responsibilities with regard to your children cease only when you close their eyes in death.

Interest yourselves thoroughly in your grown up sons and daughter, but mark well that harshness and violence are to be used only as a last resource.

Love accomplishes most.

Endeavour to make your big children see as soon as possible that you mean all you do for their good.

I repeat here that with one drop of honey you catch more flies than with a cask full of vinegar. If you teach your grown up children by love and goodness and by your own example you will make them humble, chaste, industrious, frugal, simple, and will always have joy in them.

Do not grudge any expenditure to provide your sons and daughters with high class amusements and pure pleasures.

You, who live in the country, encourage your sons to care for and cultivate bees or fruit trees, and your daughters to love flowers or any other innocent amusement.

The money spent on these will be richly repaid with interest. If you do not provide good entertainment, your children will soon sink into the whirlpool of the modern stupid race after pleasure.

I will now only say a word about the present fashion of letting children and young people learn music.

Very soon every town-girl must play the piano and every artisan's son the violin and flute. It is very nice and all right for young people to learn music, but I advise parents to allow it on two conditions only.

First, that when subsequently they undertake situations they will have time and opportunity for practice, otherwise all the time employed in learning and all the money spent will have been wasted.

Secondly they must learn music thoroughly and not simply a smattering of which to boast. Music is an art and requires for its thorough knowledge so much time that it really can scarcely be pursued except as a profession.

As regards singing I would only advise Church Hymns and National Songs. Whatever is more than this is often fraught with danger to ordinary town people, of course there may be exceptions.

Finally I once more call your attention to the fact that God's beautiful Nature is an inexhaustible fountain of pure noble enjoyment for us men and that it is the best protection against the many dangers of hobbledehoy years.

Third Part.

The Care of Children in Sickness.

General Advice.

The more delicate and tender a machine is, so much the more easily is it injured.

A minute particle of dust may cause disturbance or even a complete stoppage in a watch. Thus in the tender delicate system of a child a small circumstance such as a breath of bad air or a spoonful of unwholesome food will suffice to make it ill. Therefore every mother must pay her child most careful attention.

It is entrusted to her by the dear God in order that she may bring it up a healthy, brave, and virtuous member of society, and woe to her if its life is shortened or rendered miserable by any fault of hers.

I know many parents who comfort themselves all too easily if a child of theirs dies. "It is a beautiful angel in heaven", they say, "We cannot grudge it happiness there."

It is sad to see how indifferent and neglectful some parents are when a child of theirs is ill, but they will have their eyes opened one day when, before God's Judgement seat, they must answer for the life and health of those entrusted to their care.

If a mother notices that her child is not well she should at once realize her great responsibility. She should feel that her highest duty, her most sacred task, is to rear and tend her child properly. Cooking and washing and field work are not so important by a long way.

There are, however, many mothers exactly opposite to the indifferent ones, they are too anxious and try too many remedies when their children are sick. This excessive anxiety is of no use and often indeed increases the sickness. If a child is ill, it is very important that the Father and Mother should have their heads and hearts under control and be able to act quietly and conscientiously.

Parents should avoid shewing anxiety before their sick children. After all what help is it to lament and cry and be anxious? As soon as you see that something is wrong with your child, observe it atten-

tively in order to discover where and what the mischief is. Then seek counsel from this little book or of any Doctor that you can trust, but do not delay; for the sooner you attack the mischief the quicker it will depart. Hesitating and lingering may be fraught with danger, for many illnesses arise as quickly as a fungus in the wood, and develop fully in a few hours. Quick help is the best help.

A small fire is quickly and easily extinguished, if, however, one waits for half an hour the whole house will burst into flames. So I say, make no long lamentations and don't waste time asking advice of every old woman. Haste to the rescue in the name of God and He will bless every healing remedy. Therefore a short but hearty prayer is the best beginning of every cure.

The remedies prescribed by me for childish maladies are so simple that every one, even the poorest mother, can employ them. The only hindrance is the fright and alarm so many mothers feel of water especially of cold water.

Some mothers consider it dreadful to place the child for one moment in cold water. This fear and alarm must be given up at once by the mother who wants to save her child by the simple, certain water-cure.

True, the contact with cold water is unpleasant for a moment but immediately after there comes a

feeling of content, a satisfaction which cannot be produced by any other means in the world. Which then is best for the child, many hours of fever, many days of pain of all sorts, perhaps even the death struggle, or one second's unpleasant sensation of cold? Therefore be not unreasonable in your sympathy with the child. Your love must not be blind, but rather enable you to examine, consider and handle firmly.

Search out the right remedy and then apply it courageously and confidently at once and with perseverance.

Do not be frightened by a few childish cries, nor be hindered by them from performing your sacred maternal duty.

If sick children are beyond two or three years old they are often very obstinate and wilful; they won't drink the teas, they won't take a bath and they want all kinds of forbidden dainties. Blind mothers are then generally too yielding and thus many children have been brought to the grave. No; let us have no weakness; the child must simply obey and submit to everything that the Mother, or Doctor, or Nurse may require of them. That which must be done in special cases of illness I will describe later.

I advise every Mother to read this little book through with care before any dangerous illness

makes its appearance, otherwise in her anxiety she would fail to understand many things.

If it be necessary to be careful for healthy children as regards their nourishment, bed, air, and cleanliness, as set down in this little book, it is doubly so when dealing with those who are sick.

Do not worry the sick child to take food, it does not get hungry so quickly as when it was well. When the system does not require nourishment, leave it in peace or you will be treating your child foolishly.

A cool, airy room is of benefit to the sick and precautions should be taken to keep it quite quiet. Keep the brothers and sisters away from the room or at any rate keep them in order. I must now say a word about the customary visits to the sick.

The moment it is known that the child is ill the whole family and neighbourhood come to see it. If the child is able to talk it must shake hands with every visitor and answer a number of unnecessary questions. Many invalids have died of such visits, therefore preserve your children from such useless, harmful, though well-meant kindness.

I know a gentleman who, whenever any one is ill in his family, at once hangs a placard on the door on which is written: "All unnecessary visits of condolence are courteously declined." Probatum est.

I beg of you, dear Parents, follow my advice; you will never have cause to regret it.

I will now give you a few hints as to individual diseases; first, however, I will again explain, the most usual applications.

Compresses, Bandages.

When you read "bind a two-, four- or more fold cloth on the abdomen, "it means that the cloth so folded should cover the whole abdomen up to the breast. A dry cloth is always put over the wet one and must completely cover it, or still better bind a dry cloth round the whole body so that all air is excluded and an equable warmth developed in the entire body.

Immersion or the Half-Bath.

You will read very often in the following pages "the child should be immersed in (cold) water." This immersion is nothing more than the half-bath in which the body is immersed up to the breast.

With children this is best managed by taking the child out of its warm bed and dipping it quickly in cold water up to the arm-pits for the space of two or three seconds and then putting it rapidly

back into the warm bed without drying it and letting it remain there well covered for about an hour.

This application is easiest made in the morning about an hour before rising. To take a half-bath in the evening before going to bed is not advisable, it does not produce warmth quickly enough then, indeed it probably will produce a fit of shivering.

The half-bath may be taken in a state of free perspiration, even when the system is greatly heated a half-bath is of great benefit.

Bigger children may just as well dress themselves after a half-bath and take exercise until they are warm and dry.

The Wet Shirt.

The shirt should be tolerably long, of coarse linen, and rather wide so that it can be easily put on and removed; it is better really to have it open in the front and put it on as a long dressing jacket. It should be wet through but not dripping nor too much wrung out, enough to make the body wet but not the bed.

The body must be quite warm when the shirt is put on, and by stroking the shirt on the body with a flat hand warmth develops much more quickly

because by this movement the whole body becomes damp; afterwards the child is well wrapped up in a blanket, or even in dry linen, and then over all an eiderdown covering. At the end of an hour or an hour and a half the shirt is removed unless the child is asleep and then it should not be disturbed.

When it wakes, the wet shirt is rapidly removed and a dry one put on without washing the child or dipping it in water; the child should then either take exercise or be put to bed again. When perspiration sets in warmth develops.

The Short Bandage.

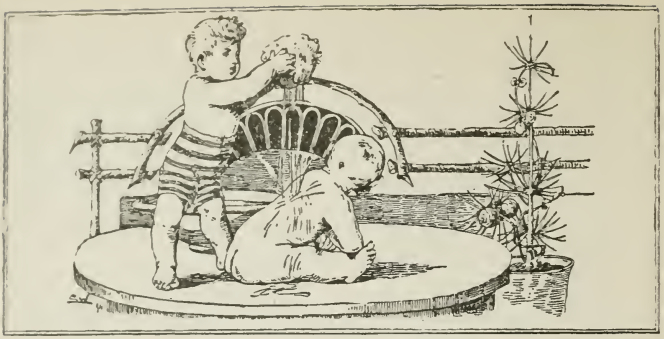
This reaches from under the arms down to the knees. A towel dipped in water and properly wrung out is wound round so that it lies closely on all sides, not too tightly but certainly not too loose, for, whenever the cloth does not fit, the development of warmth is hindered, and the child instead of being comfortably warm has a shivering fit, and instead of being benefited is injured. The final wrapping in woollen and dry linen is as necessary as in the shirt.

Remark. Generally one dips the shirt and bandage in cold water or a mixture of cold water and vinegar; still with weak, small children one may prefer warm water at least for the first three times, but the cold water is always the more effectual.

If great heat exists the shirt and bandage must not be warm. On the other hand with shivering fits or a cold sensation the shirt and bandage must not be cold. When the direction is "dipped in hay-flower decoction or in oat-straw water" these must be given luke warm

Oat-straw should be boiled for half an hour and hay-flowers for a quarter of an hour.

It is also sufficient to pour boiling water over the hay-flowers and let them stand for a quarter of an hour.



Advice for individual illness.

Consumption.

Just as one may develop consumption at a more advanced age so unhappily does it occur amongst children and has its origin principally in a great weakness which reigns in all parts of the body.

The digestion too is disturbed which again prevents the blood receiving good nourishment and the various members of the body are sufferers thereby. If the mother is extraordinarily delicate she does not consume wholesome and nourishing food, then of course the children are delicate.

Many mothers, therefore, incur a heavy responsibility if they arrange their diet simply to suit their own palate with a view to stimulate it.

I once met a Mother who shewed me two of her children suffering from consumption, and on my

asking her what sort of nourishment she had taken when in the "family-way", she answered: "I drank coffee and beer two or three times a day, I had no appetite for anything else."

With such a mode of life it is not possible for children to come into the world healthy and strong, indeed, they soon shew signs of decay and also an inclination for unwholesome food, just as the mother had had before they were born.

If the illness has not yet made too much progress water and good diet may save many of the little ones. They should take acorn-coffee with some honey every day, together with good strengthening broth only slightly salted, and not one drop of alcoholic or exciting beverages. The two children of the woman just mentioned were so fed and were daily dipped once in cold water just for two seconds, and I further prescribed good, pure air for them by day, as well as by night, and after some time they became quite strong. Great care must be taken that the children are not weakened by their clothing, and whenever possible, especially in a warm temperature, let them walk barefoot.

The white bone-powder has also a very good effect and they may take daily as much as will lie on the point of a knife in milk or sugar-water. Wholemeal-bread given to the children in small quantities is to be specially recommended

A delicate-child-system cannot assimulate a meat diet, neither do I recommend eggs as in many cases they are equally impossible to digest. Milk may be more safely recommended but always in very small portions and strong broth is always excellent.

Asthma.

Children are liable to a special kind of asthma produced by narrow chests, and those who are weakest and most susceptible suffer most. This asthma is often confounded with croup and, like it, attacks children between the ages of two and seven. It is often preceded by Catarrh-like conditions. Quite suddenly at night the attack appears in the form of spasm in the chest, which scares the child out of its sleep. A fit of suffocation sets in, the child gasps for air, the breath suddenly stops, then returns again, but with a hollow sepulchral or shrieking sound. The poor child gets often quite red in the face, attacks of nerves accompany it as well as fits of coughing, without expectoration. The neck is neither inflamed nor swollen, there is no fever but the pulse acts feebly; such an attack is readily repeated and may end fatally.

If one knows that this disease seeks its victims only among weak, susceptible children while croup attacks the strong and powerful, one will not easily

confuse them one with the other. In croup a dry cough exists, in asthma it is lacking. In croup the urine is dark, in asthma it is bright, in croup white masses of skin are thrown up by the cough, in asthma never.

Asthma also is not infectious; the origin of it being cramp in the air-tubes. If this cramp is removed by increased warmth asthma can quickly be banished.

The readiest way to help is to wash the child at first on its back and chest and at length the whole body as rapidly as possible with cold water and vinegar and then get it to bed. The child may also be dipped in warm water and vinegar and wrapped in a blanket. Warmth will quickly develop and the cramp diminish. These applications made use of for five or six days will certainly cure the asthma. Warm baths of from 20 to 24 degrees for five or six days are quite in place here.

The child should at the end of such a bath be washed in cold water or better still be dipped in cold water for one second.

Difficulty of Breathing.

If the Mother or Nurse notices in the new-born infant, that the outer-wall of the breast does not

remain arched and even, and that the breath only slightly stirs the wall of the breast and belly and still more if the child's voice sounds weak, hoarse, or whining she may conclude that the air breathed in, shortly after birth, has not acted sufficiently on the lungs. And if with these symptons there sets in a pallor tinged with blue which spreads itself over the whole body her suspicions are confirmed.

Of course, if the breath first drawn in does not act fully on the lungs they do not properly expand, and as a consequence they cannot convey enough oxygen to the blood. Without oxygen the blood becomes sluggish and gives rise to obstructions. If these occur in the lungs a difficulty of breathing results, as with grown people, and if help is not afforded in these cases they end in death.

So my advice is, put on the patient a shirt dipped in cold water or with even better effect a shirt soaked in hay-flower decoction, then wrap up the child shirt and all in a blanket and leave it so for an hour and a half. After this put a dry shirt on the baby. A shirt dipped like this in hay-flower decoction, or water, and put on two or three times for three days will make the child well.

If, however, the breathing is not too difficult, it will be sufficient to wash the child once or twice daily in quite cold water. If neither one remedy

nor the other is applied, it is scarcely possible for such children to live beyond their infancy.

Chapped Skin.

With children, as with grown up people, the skin on the hands and feet frequently chaps especially in the autumn and spring of the year; it looks as if there were little cuts or cracks in it from which sometimes blood flows; these are called **chaps.**

The skin gets into this state when sudden changes of the temperature occur especially with wet cold winds, or when one goes from a warm room into the cold air.

In people who thus suffer, the blood is somewhat heated and impure and because it does not circulate quickly enough it is apt to clot.

The evil is remedied most certainly with grown people and children alike, by wrapping the chapped part in swollen hay-flowers, which draw out the mischief. It is also necessary that the arms or feet should be dipped in cold water, at least once a day, for about three or four minutes, in order to cool and strengthen them.

People when left to themselves generally apply grease to the bad places, but by so doing they simply

close up the pores of the skin and prevent transpiration.

Inflammation of the Eyes.

This evil occurs as a rule from exposing the child too soon to a dazzling light or by allowing foreign matter to get into the eyes.

If one considers that before birth the child was in the dark, and now suddenly it is exposed to the light, one will understand that the eyes of a new born babe are very susceptible.

Eyes, giving signs of inflammation, become at first red and swollen, and by degrees a sharp, white fluid drops from them which gradually gets thicker and eventually assumes a yellowish tint.

These are all signs of inflammation. While the child sleeps the fluid collects in the eyes and there becomes hard. The eyelids, which the child shuts tightly because it dislikes the light, get glued together. If this condition lasts long the eye-ball becomes inflamed, the white of the eye becomes red, and a good deal of matter flows out and naturally the child, suffering both heat and pain, becomes restless. On opening the eye it is seen that the eye-ball is covered with spots and even ulcers.

As this mischief is very infectious both eyes often sicken and when help is not at hand the child may become partially or totally blind. One should douche such a sufferer over the head with cold water three or four times a day and immerse the body twice daily for two seconds also in cold water up to the arm pits; also lay on the eyes finely beaten up pot-cheese which may be renewed two or three times a day. The oftener the matter is washed out of the eyes and the more frequently cold poultices are laid on, the quicker will the eyes be healed.

A short time ago a man came to me, who, in some way or other, had caught this disease. I gave him a little finely powdered sugar but yet slightly granulated to put on his eyes. On opening them the matter issued forth freely. Doctors who were present declared that the eyeballs were already greatly infected. Cold washings, eye-baths, persistent cleansing of the eyes, lightning douches in fan shape, and back and thigh douches stopped the discharge in a few days. Unluckily this man came to me rather late so that he never wholly recovered his sight: the horny skins were too much infected, or rather I should say destroyed. Still I accomplished so much that in a few days the formation of fresh matter ceased and so further destruction of the eye-ball stopped also.

I do not doubt for a moment that the man could have regained his full sight if he had come to me

at the proper time. If such treatment helps a grown person why should it not also help a little one?

Bed Wetting.

It happens sometimes that children cannot control the passing of urine and in the morning the bed is found to be wet through.

There can be no doubt that, where this occurs, great weakness prevails in the whole system, and if not remedied the habit of wetting the bed lasts up to the age of twenty and over.

Unfortunately, this mischief is very often not recognised as weakness but rather as idleness which, in most cases, is incorrect.

Many parents, tutors, governesses and nurses, regarding the cause as idleness, treat the poor children very harshly and punish them severely.

I knew a Mother who punished her children as often as they committed this fault, and in the evening when they went to bed they were beaten with rods and shrieked pitifully.

In spite of this the fault continued because the cause was not removed. One may well imagine that the children dislike the discomfort and smell as

much as the parents and nurses, and help must be afforded them in some other way than by flogging.

Numbers of people have come to me to ask whether I could give a remedy for the mischief. They explained that they had already been to several Doctors who had given them medecine but it had had no effect.

I am convinced that there is no efficient remedy in the form of medecine for the mischief, and that help can be obtained only by strengthening the system, for bedwetting never occurs among strong children, the fault is in itself a sign of great weakness, and to be found among those who are weak and delicate.

If children are brought up according to the directions in this little book not one in a thousand will succumb to this evil, or at all events they will be cured of it.

Out of pity I have made many experiments for these poor children and given them remedies to be swallowed, yet all in vain; even the most strengthening diet does not suffice because such a weak system is not able to assimilate and properly digest even the best nutriment. The following only has proved itself of use. The small sufferers must be dipped daily in water for two or three seconds only, and have a simple strengthening diet and in a short time the bed wetting will cease.

For children between four and five years of age I have found it most effective to let them walk in water over the calves of their legs for five minutes every day and to take in the evening before going to bed quite a dry meal.

I have received letters of thanks from several schools, as well as from private people, stating that as a rule the mischief ceased in about five days.

Grown-up people over twenty should wade in water for a longer period than the children and take in the week two half baths; and they also must have a simple strengthening diet.

It is very necessary in rearing children to strengthen their systems with cold water.

Blue-Sickness. (Blausucht).

This arises from weakness of the heart. Blood streams into the left part of the heart from two sides at once causing a slow and obstructed circular current of blood. Thus a large part of the blood does not enter the lungs in order to get oxygen and so gets into a stagnant condition. By this interruption the proper relation of blood between the lungs and the arteries does not exist because too little blood flows to the lungs. Taken firmly in hand this condition need not be a real sickness but rather a

sort of imperfect life. On the other hand it makes one readily susceptible to all possible diseases.

One recognises the evil in a new-born child when the skin does not acquire the proper colour, and when the lips, ears and finger-nails remain a brownish blue. The breath also is very slow and heavy; the skin is flaccid, cold and in some places looks as though it were stretched out. Nourishing the body does not go on satisfactorily; the smallest excitement sufficies to throw the child into a breathless state and its skin becomes brownish-blue and covered with sweat from fright. If such children reach their teens they are capable of no exertion which requires a strong deep breath. If this imperfect sort of life degenerates into a confirmed disease through some trifling exertion, or by coughing, or screaming, the child changes colour quite suddenly, the face and legs become quite dark blue, the breath irregular and the beatings of the heart and pulse almost indistinguishable. The whole body is cold and the child seems to be dying. After a few seconds the poor thing begins to draw breath deeply and with sighs; the bluish tint of the skin gradually passes off except on the lips, ears and nails where it remains behind.

Unhappily these attacks repeat themselves often at quite short intervals, sometimes at the end of a few hours and then after a few days. As a rule

children succumb to such attacks during the first few weeks or months of their lives. One can scarcely hope to cure this disease because one cannot close the superfluous heart valves, but still one can do much to relieve the child in its attacks.

The first thing is to remove from the small patient everything that hinders breathing and movement, the next thing is to give it a whole washing with cold water and put the child to bed. In order to prevent the attacks, give the child one half-bath, not too cold, or a short bandage daily; with the latter take care not to wrap it in too tight, otherwise the breathing would be rendered more difficult.

Flatulence.

This mostly has its origin in the bowels. The child affected with it screams and draws its little feet to its stomach.

The gas in the abdomen, which is the cause of the pain, puffs the child out almost to bursting; flatulence is often accompanied by constipation and sometimes by diarrhoea.

The mothers themselves are mostly to blame for flatulent troubles, when, for instance, they nurse their baby in a state of excitement, whether it be produced by anger, grief, trouble, joy, or pain.

The nourishment given under such conditions harms the child, developing gas in the bowels and making it troublesome.

A chill may cause flatulence in the child. As a remedy in such a case I dip a towel in water in which oat-straw has been boiled for half an hour and wind it round the child from under the arms to the knees. I do this once a day for an hour and a half, and immediately after immerse the child in water and by doing so the mischief disappears in two or three days.

At the same time the child must be receiving easily digested food so that it develops little or no gas. If the child is big enough, strengthening broth will be very good for it and certainly will not produce this mischief.

Avoid specially, strong flour-pap for the baby.

On the other hand a tea spoonful three times a day of tea of oak-bark will be found excellent.

Chlorosis; Poverty of Blood.

One occasionally sees children between the ages of ten and twelve who appear, and who perhaps really are, chlorotic. Their condition has its origin solely in great debility.

These systems can all be put to rights by bracing, good nourishment and strengthening. Give these children daily strong broth, brenn or bread-soup, and dishes made of simple flour, avoiding all alcoholic beverages, coffee, tea, beer, wine and so on, and thus one evil will be removed.

Further, give these children from four to six half baths in the week and one shirt dipped in tepid hay-flower water and by these, all unhealthy matter will be dissolved and absorbed, and if to these, persistent wading barefoot be added, such sickly weakly systems will in a short time recover.

Imbeciles.

The greatest compassion is felt by us all for the unhappy inmates of an Idiot Asylum and on enquiring the cause of their imbecility one cannot help crying out that if water had been used in the proper way and at the proper time many of these children might have been helped.

Their pitiable condition arises mostly from irregular circulation of the blood that is, too much blood streams to one part of the body, giving it too large an amount of nourishment, while other parts suffer hunger and become decayed because they receive no blood. How many children lose their sight and hearing by scarlet fever; I believe this would

never happen, however badly the child had it if water were properly applied. And in the same way many imbeciles might be cured by water. Many will desire to know the best means of cure here: In this case, the endeavour must be to relieve the blood-obstructions, and bring the blood into proper circulation; and, in addition to this, the whole system must be strengthened: these are the first things to be done in order to remove or lessen the obtructions.

Put on these children daily a shirt soaked in tepid hay-flower-decoction and wrap them in a blanket for an hour or an hour and a half, then dip them in cold water for two or three seconds once a day taking them out of their warm bed for this immersion and putting them back again after it.

Certainly a certain amount of success will ensue if not a complete cure. If, however, the child is not specially strong put the shirt on one day and dip it in water on the day following but the cure would thus take a little longer. The food most be always the same that is, strengthening and wholesome and such as I have already described.

Ruptures. (Hernia.)

Children are liable to rupture of the navel which is caused at birth by the awkwardness of the midwife. The navel ruptures are also often caused by

too violent screaming in flatulent troubles. As long as more important parts are not pressed out of the navel ring the ruptures are without danger.

Once a mother brought her child to me with a navel rupture as big as a fist. I advised her as soon as this was pressed back, which was easily done, to wrap the child in a cloth soaked in water in which fresh pine-shoots had been boiled.

I recommended the bandage to begin under the arms, reach to the knees and remain on for an hour and a half. Then she was to immerse him every day up to the arms for two seconds in cold water and finally give him strong broth. After a few days the body and belly of the child healed together and not so very long after, the damage to the body was remedied also.

A decoction of young bark of oak may also be given, but only a tablespoonful morning and evening to strengthen the remaining bodily members.

A Girl child suffered from a severe navel-rupture. The Doctor attending her thought there was no longer any help for her in medicines.

I advised that a small cloth dipped in tepid hay-flower water or in water and vinegar should be daily laid on the babe's stomach for an hour and that once daily she should be immersed or washed in cold water. She was to drink oak-coffee and in the mean time pap was forbidden.

In a short time the puffed out abdomen was reduced and she lost the rupture. The baby of that time is now a robust lady and knows that thirty six years ago I cured her.

Beside rupture of the navel, children are also liable to rupture of the groin and thigh, the last however but rarely. The rupture of the groin occurs when the so called kidney-circle is very large and the caul of the bowels is incapable of keeping back the contents. If the bowels be filled with gas or masses of impurities, or if unhealthy conditions exist the contents press through to those parts not sufficiently able to resist.

If one eats moderately and suitably the bowels will make the movements necessary for the digestion and also for the ejection of indigestible matter. If the bowels act regularly they will not develop gas nor will they afford opportunity of forcing an opening in the caul and so causing a rupture.

If however from these reasons, or others, such as intense vomiting, heavy cough, violent screaming or crying, rupture arises in the groins or anywhere else the greatest care is imperative.

A rupture, for instance, having once occurred, may press inward and become dangerous to life. In such cases if help is not at once given death occurs even on the second or third day. Where rupture is

noticed in a child the first thing is to press it back; this is often easy at the beginning if one understands it a little: every mother can do it.

If, however, the rupture remains unattended longer than a day, then the mother should consult a doctor and not touch it herself, for every pressing about of a rupture of some standing is very dangerous if one does not understand the matter.

I can tell parents for their comfort that it does not occur so often with children as with grown people that ruptures squeeze themselves in and become dangerous. In spite of this, parents must not be careless, but at once do the right thing, when they notice a rupture in their children.

When once a rupture has occured, the greatest care must be taken to avoid repetition; and this is best done by giving the child such nourishment that its stomach is opened regularly and allows no gas to form.

I should advise strong broth daily and persistent bracing of the child.

Take it out of a warm bed every morning and wash it or dip it in cold water and put it back to bed again, and in the evening of the first day give a gentle upper-douche, and before and after midday on the second day a back-douche; on the fourth day from bed in the morning a whole-washing, and in

the evening a half-bath; on the fifth day an upper-douche in the morning and a sitting-bath in the evening; on the morning of the sixth day wading in water over the ankles, and in the afternoon a half-bath; on the seventh day in the morning a half-bath, and in the evening a knee-douche. Continue this for one week and during the second week reduce the applications by one half.

Trusses are as a rule useless and cost, considering their value, too much money.

Cramp in the Breast.

It frequently happens that children in the midst of quiet sleep suddenly wake up in the night, give a loud scream and draw breath with such difficulty that one fears they will suffocate. This is called **Cramp in the Breast.**

In order to cope with this, the simplest thing is to wash the child as quickly as possible, especially the back and breast, and see that there is plenty of fresh air in its sleeping room.

If the washing is insufficient to produce warmth in the child, put on it a shirt dipped in vinegar and water, and wrap it in a blanket; warm water is necessary here because this kind of cramp arises

from a chill and those little ones afflicted with it, lack as a rule, natural warmth.

Those most subject to this cramp are children who are weakened by food and dress and who live in dwellings too heated; on the other hand strong, well-braced children scarcely know what cramp in the breast is.

Diarrhoea. (Irregularity).

If children are subject constantly to diarrhoea the reason must lie in the system. The nutriment is not properly digested owing to the system being weak or inactive and so incapable of ejecting rapidly all useless stuff. This mischief can be combatted by bracing and strengthening the system.

A two-fold cloth dipped in vinegar and water (cold or warm) and bound on the abdomen for an hour or an hour and a half will strengthen the organs and absorb the diseased matter. If with this bandage a half-bath is combined, at first daily and later every second day, this mischief yields in a short time; the braced up system allows no such troubles further entrance.

It is possible to operate internally, but in very small quantities for instance, every morning or evening one spoonful of worm-wood tea or tea of cen-

taury; white powder as given in my water-cure is a great help. Bilberry drops are good also if given daily once or at most twice-twenty drops in two or three spoonsful of water.

Diptheria.

Diptheria is perhaps the most frightful of all childish maladies and is not to be confounded with croup: In the former as a rule, there is no cough while croup generally announces itself by a severe cough.

Diptheria begins its gruesome work quietly and ends frightfully, often in two or three days. The once merry, happy child is suddenly changed, it can no longer play, it is irritable and wilful, it cries readily and complains of heaviness in the feet, and is sleepy.

During sleep the face gets pale, red spots come into the cheeks, the skin is dry, the forehead and surface of the skin get hot and the pulse is accelerated. When the children wake they at once want something to drink and when it is given them the little ones cry and the bigger ones complain of pain in swallowing and the throat, on examination, is found to be swollen. If you look inside the mouths you will find their tongues furred with white slime and the breath evil smelling and hot, and deep down

into the throat the uvula and palate will be found inflamed and the tonsils swollen and covered with white spots like cream.

These at first are not larger than peas. Soon the fever increases and the difficulty of swallowing becomes greater, so great indeed that the matter taken in issues again from the nose. As the disease makes progress the spots on the tonsils become not only larger but plant themselves also on the uvula and neighbouring parts of the throat.

Diptheria can scarcely be confounded with the purulent inflammation of the tonsils for the putrid matter which sticks to the tonsils in this is of a yellowish colour. Doctors call the exudations of Diptheria, membranes.

They are of a white, grayish or creamy colour and look like greasy old cheese, and they act disturbingly on the places when they collect. They become mildewed and ulcered and conduce to, if not cause, death.

If the exudations are confined to their first place viz. the tonsils, the disease, as a rule, runs a good course; therefore one of the first things to do is to prevent their spreading.

Diptheria is worse if it follows immediately on scarlet-fever or appears at the same time either with that or croup.

I have various remedies for preventing the disease from spreading; to relieve the heat I take a cloth dipped in vinegar and cold water and wrap it round the throat. This seizes on the heat, conducts it away from the strained throat and always acts favourably. As soon as the bandage is hot it must be removed and a fresh one put on; this will be required at the end of a quarter of an hour or twenty minutes. With the same purpose in view bandage the child from under the arms to the knee with a cloth similarly dipped in water and vinegar, and well wrung out. This bandage thoroughly seizes the heat of the body and absorbs it through the pores just as the leech does the blood. Change it every quarter of an hour until the heat decreases, the swelling sinks, and the invalid is out of danger. A father lost three children in four days of Diptheria and the fourth child according to the Doctor had not a chance of life; then the father encouraged by a neighbour who had saved his own son by cold water, took a coarse shirt, dipped it in the coldest water, wrapped the unconscious child about with it and laid it on a blanket, and improvement set in very soon, the heat was seized and dispersed by the wet shirt. This was repeated twice and the child was saved.

Atrophy.

It sometimes happens that little trees planted in a garden fail to grow and prosper as they were expected to do, on the contrary they become maimed and miserable and at last decay. As a rule the fault is not in the ground but in the roots. It is because these are not healthy that the little trees get no nourishment from them. It is just so with children if they are weak, have poor blood and are not properly nourished; they fade gradually away if they are not reared by the mother herself, but instead are fed on flour-pap or other like diet. To prevent this one must give those whom the mothers can not nurse something equivalent to the natural food. A Mother once shewed me a six months' old child which was nothing but skin and bone, it took its food but certainly did not prosper.

Evidently the inside was so flaccid that the food passed through unused and undigested.

I advised the Mother to give it three times a day a spoonful and a half of bark-of-oak tea, and every two or three hours a little oak-coffee with milk and to entirely discontinue the food hitherto taken. Then I ordered the child to be immersed in water of about 16 degrees twice a day, the immersion to last two seconds, after which the child was to be put to bed.

The Mother followed my counsel and the child began to look less dried up: it assimilated its nourishment and was visibly stronger.

This is a proof of the correctness of my statement in an earlier part of this book viz. that the mother must, when possible, nourish the child herself and when this cannot be done the greatest care and prudence must be observed in the selection of artificial food.

The English Disease. (Rickets).

This illness is caused by deficient nourishment of the muscles, gristle and bones.

It affects children towards the end of the first, second, or third year of life.

This illness is placed among the so-called chronic but it really need not be so: it is a result of our enervating mode of life.

A child suffering from it has an unusually large head and a correspondingly small face. The countenance moreover is very unlovely, it is often more or less distorted and gives one the impression of an old person. The large head rests on a thin, emaciated neck: the colour of the face is pale while at the same time it is wrinkled. The teeth, which are

late in coming through, are thin and small, broader below than above, wedge shaped, often indented and decay very soon. The nose is flat, where it joins the forehead broad and saddle-shaped; that is, it looks from the base of the forehead to the point like an outspread saddle. Ricketty children have nearly always a thick, shapeless belly, which protrudes.

In the vicinity of the Epiphysis the child's bones are much thicker than usual; one notices this phenomenon best on the knuckles of the hands and on the lower part of the legs. If a child has suffered long from this disease the upper and lower leg-bones, especially the latter, become crooked and crippled.

This malformation occurs also in other parts of the skeleton, in the spine or pelvis for example: and when children are thus afflicted they can neither hold themselves straight and upright, nor walk properly.

If the child has learned to run before being attacked by this illness it forgets it again, or if the weak bones still allow it to walk, its movements are waddling and uncertain, while the upper part of the body sways to the left or right, according as the one or other leg is used. Strange as it may seem those suffering from this disease have nearly always a large appetite.

The action of the bowels is mostly sluggish and the urine though passed regularly is almost always corrupt, and when left standing becomes thick. I know of no disease harder to cure than this, because not only individual members are sick but the whole body: Obstructions are everywhere, as in the muscles, also in the bones. Therefore in trying to be helpful one must begin by dissolving all the obstructions and hardnesses. The following applications, as a rule, conduce to healing: Soak hay-flowers in boiling water and well press them out and then envelop the child with them and keep them on an hour and a half.

When the child is taken out of the hay-flower wrapping immerse it in fresh water so that it is cleansed from the hay-flowers. If the child is too weak for such treatment dip a shirt in hay-flower water and put it on and then wrap the child in a blanket.

This may be done every day or every third day. On the days when the child is not wrapped up it may be immersed in water.

This treatment may be continued for some days. When the illness has somewhat decreased the envelopment need not be done so often, once or twice a a week would be sufficient.

Another method of healing is to give the child one day an oat-straw-water bath, and the next day

a shirt soaked in oat-straw water, and on the third day immersion in cold water. This may be continued until the illness is passed.

As regards diet; children suffering from this disease should have only good and easily digested food, such as strong broth, bread-soup and other articles prepared from simple flour. Acorn-coffee mixed with honey and milk is very good, so is malt coffee given in the same way.

Give but little fluid and only in very small quantities and when thirst exists.

Inflammations.

For treatment with water it is all one whether inflammation attacks a coating of the stomach, an intestine, a coating of the gut or chest, the throat or a bronchial tube; the grand thing is always to extinguish the heat by operating on the whole body, to expel the harmful stuff and to operate specially on the effected part by the different bandages. Dip the children suffering from inflammation two or three times a day, according to the degree of the inflammation, up to the arms for two or three seconds in cold water; a four fold cloth may also be bound on the inflamed painful spot, which has been soaked in cold water and vinegar, this cloth must be

redipped every half hour, otherwise it becomes warm and then acts badly on the blood.

Great service is rendered by bandages of potcheese on the suffering part; this also should be renewed as soon as the potcheese is dry.

Short bandages dipped in cold water may also be given but must be kept constantly redipped.

As an internal remedy for inflammation give the children once a day a teaspoonful of fine oil, and every half hour a spoonful of fresh cold water.

Vomiting.

Vomiting, in the usual sense of the word, occurs but seldom with little children. When the babies empty their stomachs by the so called vomiting or throwing up, one must not suppose that they are necessarly ill. On the contrary they do not seem quite well when this habit is absent. They have no inclination for nourishment and breathe with difficulty and groan.

It is different when a child vomits up the whole of the milk with occasionally water and bile: then it is ill. Often diarrhoea appears simultaneously with the vomiting; pains in the body, fever heat and thirst shew themselves. These symptoms point to

inflammation of the mucous membranes of the stomach and intestines. The thing is, what is the mother to do in such a case?

There are certainly remedies which may be given, such as wormwood tea, a small dessertspoonful every hour.

If, however, the child is unable to take anything the best remedy is to dip a cloth in water, wind it round the body from the arms to the knees and leave it there to work for an hour; this supports the system and the bad stuff finds an easier exit.

Another means is to lay on the abdomen a two-fold small cloth dipped in a mixture of water and vinegar and covered with a dry cloth. This simple application supports the system so that the vomiting is rendered easier and soon ceases. The usual thirst too is relieved by this bandage which is renewed as soon as it gets hot. For drinking give a small spoonful of water or sugar-water frequently. If the children are rather strong one may dip them in water and the evil will soon be removed; but while it lasts the immersion may be repeated two or three times a day.

A spoonful of honey boiled in a quart of water and a tablespoonful of it taken every half hour is an excellent thing especially where the child has taken food or drink which has disagreed with it.

Small bandages bound on the body, baths, and whole washings support the system and are not in the least harmful.

One may also give drops of wormwood and centaury on sugar six or eight at a time; they act very well.

Four to six drops of fennel-oil dropped on sugar strengthen the stomach greatly.

Scrofula.

Both wet and dry scrofula appear at a very early age in children. The latter is easily recognised by the scars which it leaves on the skin, particularly on the elbows or shin bone. These scars are white and like bran. In wet scrofula the scar is more like a scab and there flows from under it a yellow corrosive fluid which eats on further.

Another marked symptom of dry scrofula is that if one peels off the scales the place bleeds a little.

The more the child is treated with cold water the greater the chance that it will escape scrofula. If it be dipped daily for one or two seconds in cold water the scrofula either will not appear, or if there, will run a very rapid course. It will run still

more quickly if instead of immersion the child puts on a shirt dipped in hay-flower water, two or three times in the course of two or three days, and is then wrapped in a blanket.

Convulsions.

This is called by many names. Gout, dysentery, child fever and child-robber because as a rule death ensues.

What cramps are to older people convulsions are to children. What causes them?

The clotting of the circulation of the blood which is caused first by weakening and secondly by wrong nourishment given to the child. Thus it may be seen that the children should be braced from their birth and receive proper nourishment as well.

Mothers also sin greatly by overfeeding their little ones, and for this fault innocent children pay with their lives.

If one will protect children from convulsions bathe them from their birth at least once daily in cold water. The baths should be of short duration, just dip them in and take them out again. And further give them the food which the Creator intended for them, **milk.** And if this taken alone

does not assimilate, mix it with acorn coffee; this nourishes and strengthens the stomach. Every mother who cares for her child will never forget the rule "Not too much at once, little but often." Malt coffee is an excellent nourishment for little children. I am convinced that children who, for a whole year, have consumed milk with malt coffee as their only food must prosper splendidly.

If the children are fed with wrong food, or if they are overfed the stomach becomes sick and strained, the belly is puffed out, the circulation of the blood is disturbed and the consequences are convulsions. Not only do children in the early days of infancy suffer from them, but those who are older.

The best and only remedy is water.

When the child is attacked take it, still wrapped in its little shirt, and dip it in water and then cover it up well. If the fits return repeat the immersion. If the children are very weak the mothers may begin by dipping them in tepid water but this should only form a bridge to the cold.

It is of course understood that the child should not be weakened by its clothing. Cold baths, proper nourishment and suitable dress are the best preservations from convulsions.

Purples — a Fever.

This is one of the commonest forms of eruption on quite little children.

If they are kept too warm or never taken into the fresh air or if they are bathed in water too warm or their beds are too hot, then a reddish itching eruption appears on the skin. With good nursing this need signify little. At first little red spots appear which turn into white blisters which, as a rule, are full of watery blood or often of some putrid fluid.

This skin eruption does not increase greatly the child's temperature nor does it appreciably disturb its general health. Grown up people are also subject to this disease in summer if exposed to great heat and with them as with children the eruption lasts from three to five days, at most seven.

Then the skin peels off and the attack is over unless the causes continue and the child is uncared for, then it will return both with grown people and children alike.

To prevent this repetition water is the best means. Wash the child entirely once or twice daily; at first do not have the water very cold as too cold a bath might hurt a very weak little one, but have it tepid getting to the quite cold by degrees; lower

the temperature of the nursery, have the bed less hot and bring the child more often into the fresh air to brace it. Treated in this way the child will be protected from a return of this illness.

Chilblains.

If children or growing people get their hands or toes frozen, chilblains appear which become now bigger, now smaller, according to the temperature.

It is as easy for a chill in the blood vessels to be injurious as for a chill in the muscles and blood; therefore it is necessary first of all to dissolve and expel through the pores all the diseased and hardened matter, that the internal weakened parts may be braced.

The best remedy is hay-flowers soaked in boiling water and laid on the affected parts which should then be warmly wrapped up. When this has been done once and obstructions are removed, then the weakened parts must be strengthened which is best accomplished by immersing the feet or hands for three or four minutes in a mixture of water and vinegar the last in proportion of $^1/_3$ or $^1/_4$.

The vinegar separates the impure blood and effects the ejection of the same through the pores.

The more braced the system is the less fear is there of chilblains and frost bites, and the more delicate the body is and the more debilitated so much the more is it likely to be injured by the cold.

I knew an extremely debilitated boy who, in an autumal frost in October, had both his ears frozen and yet there are thousands of people who in the severest cold of winter leave their ears without protection and never suffer at all.

If therefore children are sensibly braced there need be no fear of injury by frost, and so I say again rear your children according to the principle of strengthening and bracing.

Inflammation of the Brain and Skin of the Brain.

This can be cured most easily by conducting the blood as rapidly and powerfully as possible from the head. Therefore bandages round the body are to be recommended but they must be changed before too much heat sets in, otherwise blood will stream still more to the head. Shirts dipped in a cold mixture of water and vinegar may be safely tried here but they should be re-dipped in the cold vinegar and water every half hour.

Dipping in cold water is of equal service and is somewhat easier as the bed can be kept drier. The immersion may occur three or four times a day according as the heat is more or less.

Ice-bags I reject altogether, whether for the head or on special inflamed parts; for they do not operate beneficially at all, but are rather like a damp cold wall on which every one comes to grief, especially if they be kept on long or come in contact with any bare part of the body. A long and varied experience confirms this, that the place on which the ice bag is laid instead of being cured is often much injured.

A boy was brought to me who, for inflammation of the ear, had an ice-bag laid on it and was in consequence deprived of his hearing. Never use ice in inflammation but instead apply wet cold bandages dipped in water or in water and vinegar; these must of course be constantly renewed so that the blood is not further conducted to the inflamed part.

These are not at all harmful and are much more sure and useful than applications of ice.

Jaundice.

Jaundice, which appears soon after birth, has its origin generally in a chill. In more than one

respect there is a difference between the jaundice of children and that of grown up people. With the latter very little bile is present in the stools, whereas with children it is there very largely; with grown people the urine changes character, in children not at all.

Child-jaundice arises from the presence of too much bile. In the new-born babe the liver is unusually active and correspondingly big. In jaundice the whole body, especially the thighs, arms, and face is all over yellow and the stools are greenish.

Jaundiced children often scream probably because of pain in the intestinal canal.

If the jaundice is caused by a chill, which is frequently the case, it vanishes directly the cold goes.

The best remedy is to wrap the child in a warm bandage dipped in oat-straw water from under the arms to the knees daily for an hour and a half.

A cloth dipped in shave-grass decoction is also very effective; this also may be applied daily.

For internal use give juniper-berries which are bruised and boiled and drunk as tea three times a day, one or two spoonsful for a dose. I recommend also wormwood tea, two spoonsful daily, and fresh charcoal mixed with milk half a spoonful twice a day.

Every other day give the child a whole washing from the bed; also a warm hay-flower bath 24 ° to 26 R of fifteen minutes' duration, after which the child should be dipped in cold water.

Tumours, Ulcers, Boils.

When individual places on the body become inflamed, break and discharge matter we regard them as signs that there are blood obstructions, which have become inflamed and are emptying themselves. It is not unlike little mice born in the ground seeking an outlet in all directions.

These ulcers are a proof that the body is strong and will relieve itself of bad matter.

The cure of such ulcers is simple; viz. to dissolve, expel, and strengthen the system so that no new ulcers will form.

At first put on a shirt dipped in hay-flower decoction every day, then later every other day, and lastly every three or four days; also wash the whole body daily or simply dip the child in water.

Continue this treatment until a complete cure is established; the food should be simple but good and nourishing.

If swellings afflict children through falls or blows they may be relieved or cured in the same way; it suffices to bind a cloth on the swollen part, which must be re-dipped every hour at the outside; every half hour would be better.

Sore Throat. (Croup).

This is an inflammation of the windpipe with discharges of lymph which so contract the air-tube that a child suffocates.

This fearful illness occurs often with children even with those who are healthy, strong, and well nourished.

I knew a girl who died within an hour of croup, although just before she was fresh and healthy and eat with appetite.

It generally attacks children between the ages of two and seven.

There are three stages of development to notice; **the first** is that of inflammatory irritation of the windpipe accompanied by a hoarse rough voice and not infrequently with a dry cough.

The second stage is recognised by the actual inflammation which is combined with tickling, painful sensations which develop into a burning and stinging in the region of the larynx.

The third stage is marked by the discharge of a whitish substance which fastens on the interior of the wall of the larynx and windpipe and develops itself into a skin-like body. The discharge continues and fills the whole of the air tubes.

If this mass is not removed, death ensues from suffocation.

It must not however be concluded that in every attack of croup the three stages are observed; often the two first come together and proceed at once to the third.

By a little attention one can easily recognise croup. Look into the throat to see whether it is coated with a substance. If this be so, and if the child breathes through the nose with open mouth and coughs up matter then one certainly has to do with croup.

Fever exists but slightly, if at all.

Attacks of croup repeat themselves often and quite suddenly. Prompt help is necessary here; wrap the neck as quickly as possible in a small linen cloth dipped in warm vinegar and lay over it a dry one.

Re-dip the cloth or change it every half hour and continue it until the child's breathing is easier. The vinegar bandage quickly dissolves the obstructions in the air tubes, and breathing is thus made

possible for the child. Instead of a neck bandage the child may have on a shirt soaked in hay-flower water if it be not already too ill.

This acts on the whole body like a blister and so operates that the difficulty of breathing is removed. This shirt should be put on twice daily, each application to last from an hour to an hour and a half, until the breath again becomes regular. A warm bath is to be recommended and while the child sits in it a cold upper-douche should be applied. As the warm water dissolves, the cold draws together and strengthens the whole system.

Urinary troubles.

With children, especially the new-born, it often happens that for twelve or even thirty-six hours they cannot make water. This may be due to three circumstances, either the kidneys do not yet work properly, or the bladder pipe or Urethra may be inflamed, or the urinary canal may be deformed. If no other trouble comes to light with the retention of urine one may conclude that the kidneys have not yet begun their work.

Where the Urethra is inflamed or the mouth of the bladder and urinal canal are swollen the child becomes feverish and sleepless and convulsions set in. If however the Urethra is deformed, an operation

will be necessary if the child is not to succumb to its sufferings.

It may be that previous to the inflammation the child could make water quite well but directly inflammation appears which probably was caused by a chill the power to pass it ceased.

Sometimes urine ceases to pass without ones being able to assign a cause for it; this mischief lasts often eight days and the condition is extremely painful.

If a chill is the source of the mischief, the best thing is a warm bath of boiled oat-straw 25 ° R lasting from ten to fifteen minutes; immediately after being taken out of this, the child should either be immersed in cold water or washed all over.

Three or four such baths and immersions, one every day, usually suffice.

A short bandage also dipped in warm oat-straw-water operates well after three or four applications. It is good that the child should also be washed daily with cold water or take a half bath lasting only two seconds.

Urine mischief is benefitted by oat-straw tea, a tablespoonful three or four times a day. Shave-grass tea with juniper-berries is also an excellent remedy; but perhaps the best of all is good dwarf-elder-root powder; boil as much as will go on the

point of a knife in a cup of water and take a table-spoonful three or four times a day.

A shirt dipped in oat-straw water usually affords speedy help especially when the mischief has lasted some time.

Juniper-berries are not disliked by children and from three to five a day will be of benefit.

Hare-lip.

This malformation, generally in-born, can be very prejudicial to the nourishment of the child. The upper arch of the palate may be so cleft that the nostrils and mouth form only one hole. This may occur in an imperfect form without hare-lip.

Both malformations are great hindrances to swallowing, only a skilful surgeon can help here by an operation and the sooner it is done the better.

Inflammation of the Hip Joint.

Children suffer from this trouble which is brought about by falls, bruises, and other accidents. Here I recommend the short bandage, dipped in tepid hay-flower decoction, alternately dipped in cold water. Either of these should be taken in turn with a half-bath and this combination will be of good service.

If the inflammation has not gone too far this treatment will get rid of it; if, however, help is not quickly given the mischief may last some time.

Bite of a Dog.

The bite of a dog often has very serious consequences and blood poisoning is a usual result. The best thing to do in order to prevent further harm is to bind up the wound in swollen hay-flowers.

These should be frequently renewed until all inflammation is removed.

A plaister of Fenu-Greek would answer perfectly as its property is to draw the diseased matter completely out.

Cough. Cold.

Children who are weak and debilitated catch cold more easily than those who are strong; the fact of taking them into the fresh air brings on inflammation of the throat, which not seldom spreads over the whole chest. Such inflammations are most quickly relieved by dipping the child in cold water or putting on it a shirt dipped in vinegar and water once or twice a day until everything is right again

Headache

may be treated in the same way.

Insect-stings (Bees, Gnats etc.).

The stings of insects such as the bee, the wasp, the gnat, the mosquito and others are poisonous and produce inflammation as well as cause great pain. Indeed they sometimes bring on blood-poisoning.

Here again, my advice is to expel the heat as soon as possible.

Country-people very often lay damp earth or well beaten up mud on the inflamed part, not at all a bad household remedy.

Applications of cold water and vinegar on the spot are very comforting. If, however, the inflammation gets strong and fever sets in, two half-baths and one or two whole-washings daily are best.

Whooping Cough.

This is a chronic affection of the chest-organs which arises from infection or in some other unknown way. A fungus has been discovered in the ejections of those suffering from it which is supposed by some to be the reason of the cough.

Children are subject to whooping cough irrespective of health, for the weak and the strong, the healthy and the sick alike have it, and generally in the winter and spring.

A second attack of whooping cough is an exception. If another illness is combined with this cough it may end in death, though by itself it is rarely fatal.

Measles sometimes occur with it.

Children suffering from whooping cough have, before every attack which is convulsive, certain symptoms. They complain of burning and scratching in the throat, they are very uneasy and restless and endeavour in a variety of ways to keep back the attack of coughing. The attacks differ; sometimes they are short, at other times long; often they repeat themselves quickly, while occasionally there are long pauses between.

At length choking and vomiting generally set in, whereby a quantity of glutinous, thread-like transparent phlegm issues from mouth and nose with or without contents of the stomach.

At the beginning of whooping cough the attack consists of five or six fits at one time; later, twenty or thirty have been known and the time these attacks are most severe is after the first sleep at night.

When the attacks are very severe, obstructions in the blood vessels of the face occur so that the little child gets quite a bluish red appearance. Owing to this, whooping cough has been called the **blue cough**. The length of the trouble fluctuates between four and six weeks but may be longer.

To cure whooping cough requires great prudence. Children are very excitable; therefore one must be careful that the application of water does not cause a stimulation of the cough.

It is best to proceed thus: Put the child into a cold bath for from five to eight seconds and then dip it in a warm one of from 14 to 16 degrees of heat.

If the child is strong it may take such alternating baths twice a day; for internal use I recommend twelve to twenty drops of fennel oil.

After some days the whooping cough will have gone.

Instead of the above treatment one can dip the child in its shirt up to the neck in warm hay-flower water and then wrap it for an hour and a half or two hours in a blanket; do this twice daily.

When the illness is partly over the applications may be decreased to one every second or third day.

Lock-Jaw.

This is a cramp of the jaw more common with children than with grown up people and also more dangerous. Generally it is fatal unless help is at once afforded.

It usually occurs in the first eight or fourteen days after birth; the lower jaw is quite immovable and pressed tightly against the upper one, yet so that they do not quite touch, but a little space, a simple cleft, remains.

Sometimes the tension of the muscle relaxes a little and the child can again take nourishment, but this improvement is not permanent, the cramp again returns. In the meantime the child looks miserable, suffering, and very pale, it breathes heavily and sobs now and then. The ejection of matter is restrained and fever often sets in. If the cramp continues for more than a day the trouble generally ends in death. Lock-jaw owes its existence either to a chill or an injury to the brain; in the first case it is always accompanied by jaundice.

It is a most painful affliction and the following may be used with very good result.

Put on the child a shirt dipped in hay-flower or oat-straw-water and wrap it in a blanket, do this every second day and give it a half-bath of not longer than three seconds.

I recommend very strongly a teaspoonful of silver-weed tea three or four times a day.

Milk with fennel drunk as warm as possible is a very good remedy for **lock-jaw.**

Swelling of the Knee. Inflammation of the Joint.

This is most easily cured by wrapping the knee in a cloth dipped in cold vinegar and water; this must be renewed every two hours; alternating with this bandage, beaten up loam may be spread on the swelling; this treatment will give quick relief.

Head Tumour.

This formation, known in German coloquiallism as "Vorkopf", occurs in new-born children and is a boil, ulcer, or tumour filled with blood.

It must not be cut or opened lest the child be placed in great danger of its life.

Indeed such an operation might lay the foundations of all possible diseases to the head subsequently.

If the growth has not disappeared within twenty-four hours make an application of arnica, that is to say, dip a little cloth in a mixture of water and one fifth of tincture of arnica and lay it on.

Scab on the Head.

This is a loathsome disease which small as well as big children are subject to, especially if they lack proper nourishment and cleanliness, and are otherwise disposed to disease.

Children with bad blood are very subject to it. Sometimes the evil is slight at others it is violent even malignant. If the disease is mild the scab is usually dry.

At first there appear on the head quite small blisters the size of millet seed, followed by little scales. Malignant scab (scald head) begins at once with large blisters and ulcers. From the latter flows a peculiar smelling **pus** or matter. The ulcers themselves cause the children much pain and eat further around and under.

Often in combination with this disease is St. Anthony's fire or other eruptions.

As this horrid disease develops vermin appear. Those, who suffer from this, lose their hair which however grows again when the scab is cured. One dare not

suppress the scab on the head for fear of harm to the system.

To remove it cleanliness is the chief thing. The sufferer should wear no head gear and be taken a great deal in the fresh air. And beyond this give it a strengthening diet and use the following means. If a very thick crust exists soften it first with melted butter, or with good pure olive oil, and remove it carefully. When the head is thus relieved, make over night an application of potcheese out of curdled or thick clotted milk.

In the morning wash the child from bed in cold water and put it back in bed for a short time.

When the child gets up spread over the head some loam which has been well beaten up in water; the quantity to be applied should be a glass full of this loam fluid to which add a tablespoonful of vinegar and some tincture of arnica. This is sufficient for one application.

This loam poultice should be given every day, but the pot-cheese application only every second or third night.

If the child has been washed all over one day give it a half-bath the next of two or three seconds duration, on the third day a short bandage, on the fourth a back-douche, the fifth a half-bath, or taken out of bed for a whole-washing; the sixth day a

thigh, or hip-douche and the seventh day a back-douche. Continue throughout the week in this way and during the second week reduce the applications by one half

The Itch.

The itch is nothing else than little maggots which either arise from a dirty skin or are caught by infection and burrow in the skin like the moles in the ground. If one child in the house be so infected the chances are that every person will suffer from coming in contact with the dress, linen, or skin.

Very often evil smelling salves are made use of for rubbing in the skin which only drive the maggots further in; sooner or later, however, they appear again on the surface and the old mischief comes to light.

The cure is quite simple. Prepare a warm bath of 24 to 28°. Place the child in it and rub it for about ten minutes with green soap and, after this, dip the child in cold water, put clean linen on it and the bed also. The itch is cured in children, as in grown-up people, with two or three such applications. The green soap one can buy at any chemists.

Wens. Goîtres.

These are caused by too large an accumulation of blood and an insufficient evaporation of the body which tend to make the system spongy.

They do not occur easily among children who are properly braced and nourished.

Swollen necks and goîtres are signs that here, as in other parts of the body, obstructions exist and the most effectual remedy is to act upon the whole system

I should advise that during the week the person afflicted with these should take three half-baths, two whole-washings and a shirt dipped in hay-flower decoction.

Tea of bark of oak taken twice daily is excellent, the quantity for a grown person being three spoonsful and for a child one.

Stomachache. Colic. Gripes.

Children suffer from these when they have eaten hard, indigestible food or drunk beverages too cold, or when in a great heat they have caught a chill. Anyone or all of these causes produce a much swollen abdomen, restlessness, and difficult breathing.

One can help children suffering in this way by wrapping them round with a towel dipped in vinegar and water from under the arms to the knees for an hour or an hour and a half.

If the children suffer from heat put the bandage on cold and if they shiver put it on warm. Generally one such bandage is sufficient, it may, if necessary, be repeated two or three times. For a drink honey boiled with fennel is good; a small spoonful four or five times a day may be given.

Inflammation of the Lungs.

Children are very liable to inflammation of the lungs. I am, however, convinced that there would be fewer deaths from this disease if only children were properly braced and strengthened.

A shirt dipped in cold water and put on for an hour twice a day is a great help in curing this mischief; if the inflammation be specially severe and the child breathes with difficulty put the shirt on a third time.

Continue this daily until the disease is broken and the fever decreases.

To allay the internal heat and to strengthen the stomach for digestion there is nothing better than from ten to twenty drops of salad oil taken three

or four times a day. Fluids should be given in small portions only, the same as in scarlet fever.

Consumption. Phthysis.

Children are sometimes born with a disposition to decline and pulmonary consumption.

In such children little and big ulcers form in the lungs and these break and discharge matter, and if this condition goes on the lungs naturally get worse and become useless and death ensues.

Consumption is easier to cure than pulmonary Phthysis. If in the latter help is still possible the best remedy, as in Consumption, is a very strengthening diet. Water may be used in two ways: if the child is still strong and the disease quite in its commencement half-baths will produce the best effect, also whole-washings may be specially recommended here. If the child is dipped one day in water, the next day it may be washed in a mixture of two thirds water and one third vinegar and preferably taken from its warm bed for this dipping and put back again immediately after it.

Internally a decoction of fennel works well if taken in small portions daily, a teaspoonful four or five times a day. Pounded fennel boiled in honey is extremely good for strengthening the stomach. Medicines have certainly no effect here.

Measles.

This illness rarely attacks people more than once but it is infectious and spreads rapidly. It most usually appears in spring and autumn. Measles consist of a red eruption on the skin which covers the whole body with little spots and generally begins with fever whose violence is regulated by the time of year. Children with measles suffer pains in the eyes, cannot bear the light and prefer to be in the dark. The eyelids swell; dry cough, headache, sleepiness and hoarseness exist and the breathing is difficult.

These symptoms generally precede the characteristic skin eruption by two or three days: the latter begins generally in the face and attacks the legs last. From the face it spreads to the hands, breast, abdomen and back.

The measle-spots are sharply defined at the edges which is not the case with scarlet fever; they are longish or oval and bright red and look exactly like a flea bite.

During the first few days there is in the middle of the red spot a little hard point which is often filled with a fluid. Later the spots collect together and form a wide-spread, red and swollen surface.

In scarlet fever difficulty of swallowing usually exists but not in measles. The scarlet fever erup-

tion vanishes on pressure of the finger but the measle eruption not quite so fully. The tongue of a child ill with scarlet fever looks like a ripe strawberry but not so in measles.

In the same order in which the eruption appeared it also vanishes when convalescence sets in. For measles I give the following remedies. Put on the patient a shirt dipped in warm hay-flower water, wrap it in a blanket and put it to bed. This shirt acts like a blister and draws the impure matter of the whole body to the surface and so absorbs it that the skin becomes much less inflamed.

If such a shirt is worn twice a day the disease will run its course more rapidly. Should the two daily prove insufficient and the heat gets stronger and the fever does not decrease, the child may be once or twice rapidly washed, and this will accelerate the cure.

Half a spoonful of salad oil twice a day will reduce the internal heat.

Every half hour a small spoonful of water may be given, and stewed fruit will be of service. I strongly recommend also drinking water with some drops of wormwood tea in it.

Guard against giving the child too much food. If it does not desire food do not force it to take it, and when hungry give the food in very small portions and more broth than anything else.

With careful applications this evil tires itself out in a few days.

Milk-Scab.

With little children there sometimes appear on the lower and upper parts of the face as well as on some other parts of the body tiny little blisters which are full of a yellow fluid. They may break or, as in other ulcers, form crusts which dry up. This eruption is called Milk-Scab.

It it not in itself dangerous yet it should be quickly cured so that the little one be not too long troubled with it. In order to effect this the first thing is to immerse the child for a second in cold water and to wash its face with water which has tincture of arnica added to it.

This prevents the formation of hard crusts and hastens the cure.

The water in which the child is dipped should not be warmer than from 12 to 14°.

The progress will go on rapidly and need have no bad consequences for the child.

Bleeding of the Nose.

This often appears in children and is a proof that there is pressure of blood to the head and that it breaks out through the nose. It is a sign of weakness also. The children should be taught to draw up fresh water frequently into their nose so that the inner skin and blood vessels are braced. If this be done the blood will not easily break through.

Even better than fresh water, when bleeding of the nose often occurs, is shave-grass water. In order to conduct the blood down from the head three or four half-baths in the week are good.

Polypi in the Nose.

It is noticeable in children that obstructions arise not only in the neck and head but also in the nose; these last are called polypi and evidently are caused by too gread a pressure in the head and nose. These swellings or obstructions render speaking difficult, because they allow very little air to circulate through the nose. Generally the polypi are cut out. This, however, is not at all necessary.

If the children are brought up to make use of water applications I scarcely think that polypi in the nose could arise and certainly not if my directions are fully carried out.

Where they have appeared it is essential, first of all, to bring the blood into equable circulation. This being done any new formation of polypi ceases and those existing dissolve of their own accord.

I recommend as a means of getting rid of these obstructions three or four half baths, and two shirts dipped in tepid hay-flower decoction, or in water and vinegar, half and half, every week. These will strengthen the system, dissolve the spongy matter, and in a short time the obstructions will disappear.

Shave grass water drawn up into the nose operates in dissolving the polypi.

Cold water douches on the nose right or left wherever the Polypi are, might be given two or three times a day, they will help to soften the swellings.

Nervous Fever or Typhus.

These are similar as far as treatment goes. Dip the children who have the fever, in water two or three times a day, according to the increase of heat or put a shirt on two or three times a day which has been dipped either in hay-flower decoction, or in water and vinegar of equal quantities; then wrap them in a blanket and put them to bed for an hour or an hour and a half.

The quicker the fever re-appears the oftener should these applications be made; and as the fever decreases so may the applications be reduced in number.

Washings also may be employed and repeated according to the rise and fall of the fever.

Kidney Diseases.

If children get chills, urinary troubles and kidney diseases follow; these are relieved by giving them short bandages dipped in tepid hay-flower or oat-straw decoction for an hour or an hour and a half. Immersion up to the arms in cold water is also of benefit.

Faintness or Faintings.

Faintings in children whose bodies are sensibly cared for are not specially significant. It is well, however, to wash the whole upper part of the body rapidly or even to dip the whole child up to the arms in water and put it to bed. Internally one may give from four to six drops of wormwood in a spoonful of water or on sugar; both operate quickly.

Discharge from the Ear.

When children suffer from eruptions whether of scarlet fever or any other of like character, the pressure of blood in the head is usually too strong, and often, for weeks or months continually or from time to time, bad matter flows from the ears and even out of the eyes.

If such mischief is not corrected the hearing may be lost or other prejudicial conditions may develop. Since above all flaccidity and inactivity exist here, ejection and bracing are the surest means of help. To put on a shirt dipped in hay-flower-water or in water and vinegar two or three times in the week, and to take a half-bath daily or every other day, are great helps and will, in a short time, remove the mischief.

The ears should also be often washed out with shave-grass water.

More is unnecessary.

Pocks. Small Pox.

In spite of compulsory vaccination the proper or human pocks still continue to exist, they attack old and young alike and are fatal to many. As a rule pocks only attack human beings once. They

generally take the form of an epidemic and rage over a wide area at the same time.

Even at the beginning of this century Small Pox appeared everywhere in the most malignant form and carried off in Europe year by year nearly half a million of men. Now a days it is less virulent and destructive.

Four stages are noticeable in this disease viz. that of infection, that of the outbreak, that of the suppuration and that of the peeling.

We must say something here of these stages. A person attacked by small pox does not at once become ill but a shorter or longer respite always ensues between the infection and the outbreak.

The infected person is tired, sleeps badly, changes colour often, complains of nausea and is irritable. Fever troubles him, shivering and heat alternate, while arms and legs usually remain cold. The fever which usually appears in the afternoon lasts the whole night and only decreases towards morning. The eyes of the invalid glitter and swim in water, severe headache sets in which now and then finds relief in bleeding from the nose. The existing nausea leads to vomiting. Pains in the spine and loins make their appearance and seize all the limbs. Frequently too the invalids complain of stinging in the chest as well as in the abdomen and of attacks as if of colic.

The stools are first soft and then hard, the urine is thick and leaves a white sediment behind. Often a peculiar smelling sweat is noticeable and the invalid grates his teeth together. If this gnashing of the teeth, caused by cramp in the muscles of the face, becomes very severe it may even cause death.

With the sweat there appear, lying far apart from each other, pock-pustules.

These symptoms take at the most three days in order to pass on to the next stage, that of eruption.

This, as a rule, begins with a new fever-attack, two having proceded it. The eruption appears during the fever or shortly after it, first in the face near to the nose and mouth, then on the neck, the hands, the body, and at last on the feet.

At the commencement the eruption consists of many little red spots raised in the middle and provided with a rather hard little knot. These spots increase in circumference on the second or third day; they form little blisters which are transparent on the tip and enclose a yellowish or clear fluid which later on may thicken. If these blisters become bigger they show a depression or hole at the tip. Where the eruption of marks is severe the face swells, becomes red, shining, and often disfigured so as to be unrecognisable. The swelling is worst on the eyelids, the eye is quite covered up and glued together on the edges.

The marks cover nearly the whole of the body even the head under the hair; the only parts left free are the palms of the hands and the soles of the feet. If they attack the eye itself, it is lost.

If the course of the disease is a favourable one the cramp and convulsions generally diminish on the appearance of the first pustule; and on the sixth or seventh day the invalid is free of fever and complains only of burning and itching on the whole skin, and so passes into the third stage, that of suppuration.

With the fever and shivering the little blisters now fill with matter; at the same time the patient complains of headache and sleeplessness.

The evaporations acquire a perfectly stinking odour and of course at this time the danger of infection is greatest.

The little blisters have in consequence of their purulent contents a pearly or ashen grey appearance turning at last to white.

Each individual blister is surrounded by a reddish surface which spreads until it joins the red surface of the one lying next it, and so the whole skin, swollen with these phenomena, is strained and has a rosy colour.

When the blisters are at length filled full of matter, the inflammation of the skin decreases, the

marks retreat, and the fourth stage, that of peeling or drying, commences.

In the same order that the eruption appeared so it goes; the blisters in the face break first and then on the remaining parts of the body, finishing with the feet.

Out of the broken blisters flows a mass of yellowish matter which soon dries on the skin and takes up a greater space than the original blisters.

Sooner or later the dried up crust falls off and there remain dark red itching spots and often little holes as well: we call them pock-marks. These stages of the disease take generally, from beginning to end of the development, from nine to thirteen days.

There may occasionally be an exception in the way these stages follow on or develop.

If the symptoms degenerate in any way, if the fever assumes an inflammatory, malignant, or nervous character, or if in running its course the disease attacks the internal organs, death must result.

The pock-marks may also be filled with bloody water or with a bloody fluid instead of matter.

There is also a kind of pock in which no blisters at all form on the skin but instead a sort of wart. Pocks in which the marks run into one

another or in which the eruption is filled with blood are the most dangerous to life.

According to the entrance of fever and other symptoms small pox is divided into inflammatory, gastric, nervous and putrid. With the inflammatory other organs are generally attacked, for example, the brain, lungs and air-tubes.

In the gastric form, intense thirst sets in as well as pain in the pit of the stomach and in the head, a disagreeable taste in the mouth retching and vomiting.

In the gastric type of this disease the pock-marks generally run together and leave behind ugly little holes.

In the nervous form giddiness, delirium, flaccidity and epileptic attacks are noticed from the beginning.

If suppuration sets in the danger increases and death occurs between the ninth and fourteenth day either from weakness, convulsions, or an apoplectic seizure.

Finally in the putrid type there appear restlessness, nervousness, weakness, stinging heat of the skin and violent diarrhoea, as well as bleeding from different openings of the body, stinking stools and sticky sweat. Death in this form of small pox usually occurs in the suppurating period.

Before speaking of the special treatment of small pox I must notice some subsequent diseases or results of small pox; these are failing of the sight, darkening of the cornea, total blindness, cessation of suppuration of the eye-ball, inflammation of the lids, and further crippling of the nerves of the face as well as of other organs.

Imbecility, ulceration of the joints, wasting away, pulmonary consumption and hectic fever are not of rare occurrence after small pox.

When the perfect host of these subsequent diseases are considered no one will take it amiss that I have written rather more about the dangerous small pox than the limits of this little book seem to justify. If I further briefly add that this disease is spread by infection which follows from contact with those suffering from it, or by breathing the air they have poisoned, I think I shall have said enough about the matter and pass on to my method of treatment which is as simple as it is sure.

My method with children is as follows: If the disease arises from impure blood and impure juices **the first purifying remedy is water.** Wash the body daily and wear a shirt, also daily, which has been dipped in hay-flower water, for this rapidly dissolves and absorbs diseased matter.

If the child is otherwise of a strong constitution it may be dipped in water for one or two seconds

daily. These three applications will effect a rapid improvement. When the severity of the illness is passing one application a day will suffice, that is, using one day a hay-flower shirt, another day a half bath, and the third day a whole washing.

So continue until the disease has completely vanished. These remedies work so certainly and replace vaccination so completely that the latter would be quite superfluous.

Of two children let one be vaccinated while the other, instead of the vaccine, takes one day a hay-flower shirt and the next day a half-bath. It will then be seen that the non-vaccinated child is fresher, healthier and stronger because it has undergone no illness, whereas the vaccinated one has an important illness before it.

Not only do the vaccination marks remain visible on the inoculated child, but it does not recover for a long time, while with the other child there is no question of all this, as no artificial disease has been imposed on it.

I would give all Mothers this good advice. Put on your children a hay-flower shirt every fourteen days and they will prosper, always provided that the nourishment and nursing leave nothing to be desired. You will then have no fear of small pox for your children.

Purple Fever. (Roseola).

Purple fever is a skin affection which has a similarity to scarlet fever in appearance but yet is really very different from it.

In this they are the same, that violent inflammation of the throat accompanies both one and the other. The fever in "purples" has no decided course, nor is it regular, and its malignity does not depend on the violence of the eruption as in scarlet fever, for the more violent and strong the redness of scarlet fever eruption the more malignant is the fever. In "Purples" first this and then that part is attacked, and quite specially the muscles of the joints.

"Purples" eruption does not vanish under pressure of one's finger, whereas scarlet fever spots, on being pressed, turn white. The eruption of "purples" is scarcely ever raised above the skin and always scattered about in it like grains; scarlet fever spots are, however, always raised and never defined as is the case in "purples".

In scarlet fever no sweat is perceptible on the reddened parts, but is always noticeable in "purples". In scarlet fever the first appearance of sweat is on the peeling of the skin.

Just as "purples" are confounded with scarlet fever so is Roseola with measles.

It is well to know that "Roseola" begins with fever which resembles rheumatic fever as much as one egg does another, also that inflammatory irritation never seizes the mucous membrane of the nose, or the eyes, or air tubes, or lungs, also that in Roseola the invalid complains first of fatigue in the limbs, of sickness, want of appetite, burning of the eyelids, heaviness in the head, heat in the hands and sleeplessness. Also it is well to remember that Roseola only attacks the female sex. It should therefore be quite easy to recognise.

Roseola leaves no bad consequences behind which is more than can be said of measles or scarlet fever. If in science one separates the various kinds of eruption giving to each a name and having for each a special remedy, the Allopath must know exactly with what kind he has to do if he is not to err in his treatment; whereas, the water doctor proceeds much more simply.

Where eruption occurs there is diseased matter which appears on the surface in single spots or on the whole body. The very fact of there being an eruption, let it be called by whatever name it may, shews as decidedly the presence of diseased matter as the appearance of a head at a window is evidence of a human being there.

The Water-cure, in such cases, says that the diseased matter must be dissolved and the system

braced, for where such matter exists weakness also is present.

Whether the eruption be called measles, purples, or any other name, the operation remains the same with this difference only that the more poisonous the stuff so much the stronger must the operation be. If the Roseola Eruption appears only partially or if it bores deeply downs use an application that works stimulatingly and excitingly. In this way the eruption will shew itself on the surface just as when one goes piping through the village every one looks out of the window. Dip a shirt in weak warm salt water, put it on the child and then wrap it round in a blanket and the eruption will soon be fully visible.

Thus Fritz had spots of chicken pox on his body and complained of ill health and loss of strength. He wore a shirt dipped in warm salt water for an hour and when it was removed the greater part of his body was strewn thickly with the eruption. After six hours he put on another such shirt and the effect was still more apparent, and a third application brought the whole of the diseased matter to the surface. At this stage Fritz washed quickly every three or four hours with fresh water and oftener if the fever and heat increased. As soon however as these decreased and the skin was relieved one knew that the diseased matter was removed and the invalid was on the road to being cured. At

this period a whole washing was only necessary once a day or at most twice and Fritz acquired the best **possible appetite** and good sleep which was all that he wanted to reach perfect health.

One must not forget that the eruptions which appear on the upper surface of the skin penetrate also internally producing the fevered lips, the furred tongue, the inflamed palate and throat.

For these it is sufficient to use cooling drinks but only in small quantities, because larger ones are not only of no use but are harmful.

With regard to nourishment; as long as the child has no appetite give it no food and when the appetite returns give only such as the system can assimilate; only by degrees, when the juices are in a state to use it, may stronger food be given.

Such a disease runs a course of from three to seven days, according to the strength of the diseased matter. With water-cure-treatment it lasts quite a short time compared to that it occupies when treated with other remedies. It must not be forgotten that such invalids must enjoy plenty of fresh air. One must not fear, as so many people do, that the air will suppress the diseased matter, it is quite the contrary.

St. Anthony's Fire appears mostly in the face just because it is called out by the air, and it is just so with other forms of eruption.

Eruptions are considered infectious and there is no doubt that this is the case with many, but water is just the remedy which prevents the diseased matter from spreading, since the shirts and bandages applied absorb it.

The above hints and advice may be adopted in all eruptions and will prove their value everywhere.

Red-Hair.

As every one knows, the colour of the human hair varies, and I do not understand why red hair should be in less repute than other colours.

Many girls do not settle in life simply because they have red hair, and I know that some Mothers would give a good deal if only they could change the children's red hair to some other shade.

I, myself, know elderly people who formerly had red hair but now have fair or light hair.

An aged sensible midwife once informed me that in her district there was not a single child with red hair. As a remedy for the latter she was safe in in advising that the new-born baby should have its

head washed as soon as possible thoroughly with clotted milk.

Then one need have no fear, the child will acquire beautiful yellow, blond hair.

I have given this advice to Mothers who, later, have thanked me, having tried this remedy with one and another child with success.

I mention this remedy here and Mothers can do as they like about it.

St. Anthony's Fire.

This generally attacks children in the first four or six weeks of their lives, it also comes later but not often.

Before this disease develops the children feel ill for some days, vomit now and then, have difficult stools and get inflammation of the skin which is somewhat like erysipelas with grown people.

Generally this illnes begins in a special spot on the abdomen. From here it spreads over the whole body but never remains in a single spot more than thirty-six to thirty-eight hours. It passes on to a neighbouring part until it has made the circuit of the child's body.

Sometimes St. Anthony's Fire appears in different parts of the body at once. On its first appearance

one notices a little red spot of the size of a half-penny which does not rise above the skin. If one presses it the redness softens under the finger into a peculiar pallor. As the disease spreads itself over the abdomen the original redness becomes more of a light brown and when the illness has reached its highest point it is shot-blue. The inflamed places are very painful and a very strained swelling is combined with it.

The pain is sometimes so great that the least movement of the inflamed places causes convulsions. The inflamed skin is wrinkled and gives the impression of a blister from a burn.

Notwithstanding that the child is in high fever the arms and legs are quite cold.

The patient is restless and sleepless, cries a good deal and is visibly thinner, takes only a little nourishment and generally vomits the little he takes. The stools are green, thin and watery, sharp and evil smelling. Occasionally also there is obstinate constipation with violent pains in the body. The urine is yellowish or brownish and stains the linen. The breathing is laboured, and not seldom the dangerous lock jaw is combined with St. Anthony's Fire.

As a remedy I generally give the following: Wrap the inflamed parts in rough linen that has been previously dipped in warm salt-water; or in-

stead of this a shirt dipped in hay-flower-water which operates still more strongly. The wrapping or shirt is continued and applied as often as special heat appears until indeed the disease has vanished and the crusts have dropped off. At this point the child may be dipped in water from its bed and then put back again. These applications cause dissolving of the diseased matter and ejection, together with a bracing effect upon the system.

Give nourishment only when it is desired and the same with drink.

Water is, and always will be, the best remedy but only give a teaspoon or a tablespoon full at the time.

A small portion of boiled fruit is very beneficial. St. Anthony's Fire can be cured by cold washings which should be applied as soon as the heat becomes great. The washings must be rapid and after them put the child back in bed. Continue these until the fever ceases and the spots disappear.

If appetite returns give the patient small portions of the simplest nourishment.

Spinal Curvature in Children.

When young fruit-trees have a very thin stem and one allows a rather large crown to grow on the

top, the weak little stem becomes more or less crooked; and if this mischief is not corrected the deformity becomes chronic, or a storm may break the stem altogether.

If the tree grows up too thin and weak the soil on which it stands is usually the cause. It does not get nourishment enough, hence its deformity. It is exactly like this with children; the spine, which should be quite straight, is often so weak that it cannot support the burden above it and then deformity ensues. The longer this exists the harder it is to cure; for by degrees the cripple becomes stiff exactly like the deformed tree and the straightening of it becomes an impossibility.

When mothers begin to carry the children on their arms they should be careful to avoid giving them a position which would hurt the back, and they should not allow the little ones to walk too early.

Splendid machines have been invented for those who suffer from curvature of the spine. By them the back is brought into an upright position and further deformity is prevented by them, for the back is supported by the machine as a tree is by the stake.

Beautiful as these instruments are for the one purpose of straightening the back they produce one evil, which results from their being strapped tightly

to the body; they partially or wholly interrupt the circulation of the blood which finds it impossible to distribute itself equally and in order through the body, and in this way obstructions are formed; one part of the body is therefore well nourished, while another is starved, and the appearance of those who wear them testifies to the truth of what I state.

This year many children arrived at Wörishofen between the ages of two and fifteen who suffered from curvature: some came in instruments, others without.

For such unfortunate children the water-cure is so favourable that I do not know of one who did not receive great benefit from coming to me. The first thing I did was to remove the machine or instrument and so allow proper circulation to set in, this warmed and nourished the whole system equally. The second thing I looked to was that the nourishment should be good and suitable, for as a rule insufficient food of the right kind is mainly at fault.

A further help was to support the system so that the infirmity of the spine might be diminished or removed. At first the bones are indeed like wax but by degrees they become set. It is necessary therefore to treat the sick children like babies, that is, they must constantly lie flat on the back so that all the members of the body are brought into a proper position; that on which they lie must not be too soft, a straw mattrass is best.

In order, however, to support the whole body and to strengthen it I am convinced that a shirt dipped in hay-flower or oat-straw-water and put on the child quite smoothly, with a woollen covering over it, is not only very comfortable but operates remarkably on the limbs. The thing to aim at is that each member of the body fulfils its part and accomplishes its duty.

If each individual member could speak it would lament like a sick man who wishes to get well and longs to be in his proper place.

A few weeks ago a boy was brought to me who had a very deformed back and many of the joints of the spine were bent outwards. I ordered that every day he should put on a linen shirt dipped in oat-straw-water, be well wrapped in a blanket and put to bed; the boy slept each time for three or four hours peacefully and quietly as he had never done before, a proof of how comfortable he must have felt. The oat-decoction strengthened and braced the body in a remarkable manner, indeed it seemed as if in its poverty it gladly drew in the strength offered. All obstructions being dissolved the system became active and vigorous.

Patients suffering from this mischief, whether they be children or somewhat grown up, must remain on their backs in bed from a fortnight to a month. The appetite soon gets healthy and the patients very hungry.

As soon as the system is properly dealt with and the blood can flow equally and easily, and as soon as there is an evaporation in the whole body the system greedily absorbs all nourishment and turns it to the best advantage for its own recovery.

I have often used the remark "this child must be fattened for two or three weeks and then its condition will be somewhat different."

Although the boy I have spoken of had daily an oat-straw-water shirt he was also washed all over every day with cold water or taken out of bed and dipped in water up to under the arms, then put back into bed undried. The normal warmth increased so quickly that the boy himself longed for the cold water because the feeling of comfort which succeeded was so agreeable.

Now we come to the diet.

What should be given to patients suffering in this way?

It is sad but true that we get into the habit of exchanging good nourishing food for artificial stimulants which are certain guides to misery. Whether the invalid be little or big, three years old or fifteen, he should take strong broth three times a day and whenever he has desire for food, to eat a piece of black bread. A child who is weak might have every hour a spoonful of milk.

In this simple way I have cured a very large number of children from two to sixteen years old.

As internal remedy I generally gave bone powder (as described in the book) daily as much as would lie on the points of one or two knives. This powder supplies the children with nourishing stuff which they had not previously received.

Other remedies I have not used and am convinced that one can support the system well by water and that as soon as a good appetite makes itself felt the above powder affords the system all the nourishment it requires for development.

Now a question arises, may not this mischief to the spine occur even with good nourishment, and is the Mother always to blame when it arises?

The answer is: A child may possess from its birth a special weakness, it may even acquire proper nourishment, but through weakness and inactivity be quite unable to digest it and so increase the evil it brought with it into the world instead of the same being removed.

In order however to subdue the mischief the child should be braced and strengthened directly it comes into the world by dipping it for two minutes into water not too cold.

If this is repeated every day or every second day this and all other mischief is kept under and

by it, the child's system will be so nourished that it will be able to digest what it takes, and the various members will be fully developed. These instructions are very simple but they have never failed me when I have tried to cure curvature of the spine.

The gist of the matter consists in strengthening the invalids by the various applications, so that all disease is ejected and their systems properly nourished.

Each weakness is a proof that the child is sick, rather than healthy, and therefore insufficient nourishment must be avoided.

When I think of all the unhappy parents who have brought their sick sons and daughters to me and how glad and comforted they were as they saw them day by day improving under my care, especially when they had spent money in vain, then I thank God with all my heart for the knowledge of the above simple remedies. I cannot however impress upon mothers sufficiently the great necessity of acquiring such knowledge as will enable them to bring up their children properly.

Scarlet Fever.

This illness, though generally attacking children, does not spare grown up people and is at once dangerous and infectious.

A child so attacked does not become ill at first but more often after two days or two weeks.

That every mother may know at once whether or not her child has scarlet fever I will enumerate the first symptoms of this enemy of childhood. The mischief often begins with a cold or with high fever. If a mother knows how to count the pulse she will find that it has considerably risen, that the child complains of headache especially about the forehead. The whole body of the child is very hot and great faintness comes on, and at the commencement he or she seems stunned.

Sometimes violent bleeding of the nose or vomiting sets in, with now and then pain in the loins or violent pains in the limbs. Sore throat is never absent, the tonsils swell and the child swallows with the greatest difficulty.

Violent thirst is one of the troubles.

If these symptoms last one or two days then the child is certainly ill of scarlet fever.

Soon the real "scarlet" shews itself; first on the front side of the neck, then on the upper part of the breast, tiny pin like redness appears which forms into spots standing close together, now of the size of a finger-nail, now of the size of a hand.

If the scarlet spots, however, have not yet appeared then are they hiding like mice in their holes.

In this case it is best for the mother to dip a shirt in quite warm salt water and put it on the child wrapping it in a blanket and putting it to bed. Having left it there for an hour the mother will take off the salt shirt and put on a dry one and again put it to bed. At the end of an hour the whole body, or greater part of it, is covered with scarlet spots and in this manner the diseased matter is brought out like the mouse out of its hole.

It will not be long before the child will again feel the same discomfort as before putting on the shirt, and the mother may then use the salt shirt a second time exactly as at first and it will be found to draw still more diseased matter to the surface of the body.

If after the second use of the shirt the earlier conditions again set in the salt shirt may be used a third time, this will generally break the neck of the disease if some hours elapsed between the first and second shirt.

Generally the course of scarlet fever does not last more than two or three days if the applications have been properly made. Then the eruption disappears, the appetite returns, the thirst ceases, and the head and throat no longer cause distress.

The treatment with the salt shirt is certainly very simple and the applications are not at all dis-

agreeable to the child, especially if it has been accustomed to water.

Do not force a child to eat in scarlet fever: it has no desire for food, and if it had it could not swallow except with pain.

If, however, the applications produce appetite feed the child with small portions of soup. If thirsty, give it every half hour a tablespoonful of water, one cannot get rid of the thirst of fever all at once; a little sugar may be added to the water or some cooked dried fruit which not only does no harm but is of benefit.

There is a second way of curing scarlet fever viz. by whole washings. If all the symptoms of which I have spoken exist the child can be washed either with pure or salt water. The washings should be over in half a minute, the patient must not be dried but put quickly to bed and the covering should not be too heavy. The child will become warm at once and the dry fever heat will be extinguished, if however it increases still, and the child gets frightened, apply a second washing as rapidly as the first and, if necessary, even a third and a fourth until the heat has yielded.

At first the washings may be undertaken every half hour, later every two or three hours and as improvement begins one or two a day will suffice.

Under such treatment, the illness generally goes in two or three days, leaving no trace behind.

If all mothers and nurses knew the value of water in the treatment of scarlet fever and would apply it properly there would be no occasion to fear the army of subsequent ills such as deafness, blindness, ulcerated glands, severe and malignant diseases of nerves and joints which scarlet fever brings in its train.

I must make an additional remark upon the salt shirt viz. that it should be only once dipped in salt water, otherwise it would be too rough for the tender skin. Dip the same shirt for the second or third time in fresh water only and if the mother is too nervous, and the child extremely delicate, take water a little warm.

Squinting.

Children have been brought to me between the ages of six and ten who have squinted. I ordered them to be dipped daily in water and every second day to wash the upper part of the body with a mixture of vinegar and water. As the body became gradually stronger this evil grew less.

Hiccough.

This is of constant occurrence. If it sets in now and then for a short time it has no significance but if it should appear often and last long, whole-washings and half-baths may be recommended. One may daily apply two or three half-baths or as many whole-washings. Juniper-berry drops and the berries themselves will work well internally.

Catarrh. Cold in the Head.

Catarrh is inflammation of the mucous membrane and is, as a rule, caused by debility and chill. Delicate children or those who are exposed to alternations of severe heat and cold are very liable to catarrh or cold in the head.

It is very necessary therefore to brace the systems and make them capable of resistance.

Let the child suffering from catarrh put on three times in the week a shirt which has been dipped in hay-flower water and be well wrapped up during the time it is on; also every day or every second day dip the child for a second in water taking it from bed for the operation and putting it back again. Whole-washings may be recommended if they

are quickly accomplished so that no further chill is taken during the process.

Internally give some sugar-water or sage-tea in small quantities.

Screaming fits.

Healthy children sleep quietly and are quiet also in their waking hours, but there are some who either sleep, cry, or scream a good deal without ones knowing what the cause is. One thing is, however, certain that such children are not well.

When thirty-four years ago I was chaplain in a certain village I was often asked by mothers what they should do when their children screamed half the night through, without their knowing at all what ailed them.

My answer usually was: "Wrap the child from the arms downwards in a towel which had been dipped in cold water. The child will scream when you put on the bandage but it will sleep well immediately. Let it sleep on as long as it will" How thankful the mothers were to me for this counsel and so were the maids who, in addition to their other duties, had to nurse and walk about with the children half the night.

Very soon the custom of simply bandaging restless children spread throughout the village.

Thirty four years later one of the mothers came to me from this place and said: "You are remembered in our village with the greatest kindness and we always bandage our restless children and so get our night's rest."

The matter is very simple. As a rule the screaming, restless children are tormented with gas, indigestion, or urinary troubles. The bandage seizes on the mischief and procures complete rest for them. Beside this, the bandage has the advantage of never hurting but always helping. It absorbs the bad matter, drives out the gas and provides rest, as well as promotes the well being of the child.

It is with the greatest confidence therefore that I recommend the application of the bandage twice in the week.

Thrush.

This disease consists of the formation of little, white, round blisters which often entirely cover the orifice of the mouth which looks as though flour had been thrown over it.

The cause of this suffering is mostly want of cleanliness and unsuitable food; the mother, or nurse, not having given the child its proper nourishment.

The white substance consists of fungi which appear on the mucous membrane of the mouth and larynx and generate still further there, rendering taking of food difficult, nay, almost impossible.

Often catarrh of the stomach is added to this trouble and causes the child to become very miserable and emaciated.

These fungi certainly would not arise if the nourishment given to the child were always suitable and clean.

The question is: How is this disease to be treated which, though not dangerous, is very painful?

The child must, to begin with, be well bathed and washed in warm water and immediately after immersed in cold water. A washing twice daily is sufficient and if the child is tolerably strong, dip it also in cold water and then put it to bed. Also a shirt dipped simply in salt water and worn for an hour affords relief. Operating internally is also nenessary. To this end give a decoction of sage with the drinking water every day; it will cleanse and improve the food taken, which should be supplied in small portions.

Wormwood tea mixed with the drinking water or a few drops of wormwood are also very good. An equally beneficial remedy is boiled fennel; it acts upon the stomach and digestion but it must be given

only in small quantities, half a spoonful is better than a whole one. Wash the mouth out very carefully with cold water and good red wine; mix both together in equal quantities.

It is clear from what I have said that it is a necessity to observe cleanliness both in habits and nourishment if we are to escape blame for the existence of this disease.

Vertigo. Giddiness.

Should children be troubled with Vertigo, apply a short bandage dipped in half water and half vinegar; it may be applied two or three times in the day and kept on for an hour or an hour and a half each time.

Scrofula.

Scrofula is one of the worst of childish diseases because it is difficult to cure and makes the child very miserable. It results from a bad condition of the blood, an unfortunate inheritance which the parents besow on their children on entering the world. The symptoms of this disease are, the child perspires greatly on certain parts, the upper lip thickens, and the complexion is pale. The glands and other parts get ulcered, they break and discharge matter, the

eyes and various places on the body get inflamed, individual joints swell, sharp cough exists, in short, the whole body is ill.

If no help is given such children fall into nameless misery and can be cured only with great labour. This illness occurs in early life and its development is fostered by damp dwellings, bad air and hard indigestible food. It sometimes happens that children imbibe bad matter at vaccination and suffer from that time. The best remedies are first a shirt soaked in warm oat-straw decoction which dissolves the hardened ulcers most easily. This should be put on three times a week; in addition to this dip the child three times a week for two seconds in cold water.

For food give acorn-coffee with milk, also malt-coffee or bark-of-oak tea, a small tea spoonful three or four times a day mixed with some sugar or honey. Above all the child must be kept in a very dry place and have plenty of fresh air, and food easy of digestion.

"Kraftsuppe" is to be especially recommended for somewhat older children.

Oat-straw-baths are good if applied in the following way. Bathe the child from three to five minutes in warm water and then for a second in cold once a day for a week; then later, every second day; and at last every third day; choose one of these

means and have nothing to do with medicines. The most important thing is to form new blood by means of good food.

Tetanus.

This generally arises from a chill and is easiest cured by warm baths of 28 to 30 degrees R. lasting ten minutes, with cold baths immediately following the warm, of one second duration. These may be repeated two or three times a day until the tetanus disappears. A shirt dipped in tepid hay-flower decoction may also be given daily but it must always be well wrapped about with a dry cloth.

Stone and Gravel.

Children are sufferers also from these and the most reliable remedies are, daily a short bandage dipped in tepid oat-straw decoction for an hour and a half, and also daily a half-bath in fresh water; if by the use of these the mischief decreases, apply these only half as often, that is one day a bandage and the next a half-bath. Internally a spoonful two or three times a day either of shave-grass-tea, or tea of knot-grass.

Stuttering.

Stuttering is not rare in children. In my opinion the reason is that individual parts of the body are not sufficiently nourished by the blood; the well nourished parts have full power while in the others weakness prevails. If equable circulation of the blood is tried for, and the whole body equally braced, this evil also yields.

Dip a stuttering child daily in water and wash the head once or twice a day in water; this should be thoroughly dried. If the child is somewhat older, of from four to six years, give him an upper-head-douche.

By this bracing-process the evil will be removed.

Slobbering or Salivation.

This is soon cured in the following manner: Dip the child one day in water, and the next day put on it a shirt dipped in half water and half vinegar.

Wens.

These will be quite cured if one binds round them over night a piece of linen dipped in water and vinegar but not too tightly; an excellent house-

hold remedy is to bind it with lead from a tobacco wrapper over night.

Troubles from Over-Eating.

If it is important for grown people not to give the system more than it can bear, it is even more so with children who are weaker.

Over-eating occurs most frequently with the healthiest children who, because of their good appetites, have too much given them to eat.

When the food has been long in the stomach it causes the child great trouble; for example, it acquires a puffed-out body, is restless, has pains in the abdomen, is sleepless and has other discomforts. Flour pap is especially bad for children, it is too heavy and puffs them out and may cause illness.

If a child has had too much nourishment the best thing is to wrap it round with a towel dipped in water containing a little vinegar. In this way the gases are expelled, the whole system is braced and after a few days the applications will remove the evil.

St. Vitus' Dance.

This illness shows itself in involuntary twitching movements of the arms and legs.

Children suffering from it, often cannot find the way to their mouths but pass them by; they cannot reach any goal they have decided on, they cannot speak properly, in short they are not masters of the various movements of their bodies.

The more such a child tries to use legs and arms properly so much the more awkward are the movements. These conditions in time get worse, the children who suffer from them fall into convulsions, or tumble, leap about and behave as if insane. Their appearance is pale, they are blue round the eyes, have a fixed look, eat either very much or not at all, in a word they are sick and ill and if not helped at an early stage they remain all their lives in a miserable, pitiable condition. It is an evil which is quickly caught up and imitated by other children.

On one occasion I went to a village to visit a relation who told me the following tale: "Early this morning a child in the school became insane, she sprang about as though mad and attacked the scholars, and the teacher had to call in extra help to control her. It was thought that when she was removed from the school-room the work would go quietly on. Far from this, the fright, alarm and

shock so worked on the scholars that six hours later the same symptoms appeared in five of them."

I advised that shirts dipped in quite warm vinegar and water should be put on these children and that they should then be covered up with blankets, when they would fall into deep sleep.

In about five or six days those who followed my advice were completely cured.

A mother brought me three children aged six, eight and ten all of whom were suffering from St. Vitus' dance caught of each other. They were weak, insufficiently fed, and unbraced, and the first thing I did was to order good nourishing food and bracing treatment, and in three weeks all were cured. It certainly would be well to separate any child so afflicted from her companions.

Two relatives afflicted with St. Vitus' dance were constantly with each other and as a consequence every effort to cure them was in vain. As soon however as one was given into the care of some relations both rapidly recovered.

The simplest methods of curing are, a shirt dipped in vinegar and water two or three times a week, and a shirt dipped in warm hay-flower water, envelopment in a blanket to follow. Even better than these is the habit of going barefoot, and washing the whole body daily, and taking a half-bath every second or third day.

As soon as the child is quieter the daily use of the half-bath will suffice.

The food should be very strengthening and simple consisting principally of kraft, bread, and brenn-soups. All spices and alcoholic drinks must be carefully avoided, as injurious to children.

Heart-burn. Catch in the Breath.

This condition often arises suddenly and the cause seems to be a chill. Children who suffer from it become very restless, their breath gets short, they show anxiety and distress, the pit of the stomach swells as well as the loins.

If cold is the cause, the cure is most certain, if one puts the child into a warm bath (24—26°) of swollen hay-flowers for nine or ten minutes and while there, douche it with cold, fresh water. The effect of the warm bath is to increase the normal warmth and suppress the cold and to remove the obstructions of blood which had arisen from the chill.

If these applications are repeated once daily for two or three days the evil will be relieved. A second means of cure is to dip a cloth in hot hay-flower decoction and wrap it from under the arms down to the knees round the child's body; then cover it with

a blanket and let it remain in bed for an hour and a half. Two or three such applications will be found sufficient.

Sprains. Dislocations.

If a sprain or dislocation happens to a child it should receive the promptest help, otherwise evil will result which may be difficult of cure and even make the child a cripple: Therefore get help at once.

It is the habit both to wash the part with spirits or to rub salves in but as a rule without success.

If one considers what a sprain or dislocation means to the bodily members it becomes clear that water is the first healing remedy. Very good service is rendered by water and vinegar because this last dissolves and expels. If douches can be applied they will strengthen and brace the parts sprained or dislocated and if bandages are combined with douches the effect will be very good. I should recommend bandage in the morning and douche in the afternoon.

Constipation.

Constipation in children is generally caused by weakness, or the whole organism is affected by some diseased matter.

In both cases water is the best means of cure. The half-baths are dissolving and strengthening; from time to time a wet shirt expels the bad matter. The most natural aids would be two wet shirts and three or four half-baths in the week, and the good effect would be enhanced if the patient took a teasponful of fresh, cold water every hour.

Urinary troubles.

These often occur with children especially if they have been weakened by their clothing, and kept too much in over-heated rooms, and from these taken into the cold air.

The evil often increases to such an extent that the children cannot pass water at all and this may prove dangerous to life. Use here a warm hay-flower bath in which the child should sit from twelve to fifteen minutes. It is prepared by pouring boiling water on a couple of handsful of hay-flowers and covering it up till it has cooled to 25 or 28 ^{0}, then put the child into the bath. This warmth combines with the normal warmth and suppresses the cold and the water passes easily.

Instead of a hay-flower-bath one can use a bath of oat-straw or one of shave-grass. It may be necessary for the child to take such a bath two or three times in one day.

When it comes out of the bath it should be quickly washed or dipped in cold water and at once put to bed. Bandages are also very good though they act somewhat more slowly than the baths. They should be bound from under the arms downwards and kept on for an hour but never longer.

One may also envelop the abdomen in rather warm swollen hay-flowers.

Internally give small portions of tea of the common nettle, briar-hips and shave-grass separately or mixed. The application of these remedies will certainly be successful.

Hydrocephalus or Dropsy in the Head.

To cure this evil one must operate on the whole body. Put on the child daily, or every second day, a shirt dipped in water and vinegar and also dip the child in water every day up to the arm-pits. The head should also be washed daily three or four times, well dried and left wrapped up for some little time in a dry cloth.

Dropsy.

This is cured by short bandages dipped in a decoction of oat-straw and used two or three times

a day; if it yields to treatment, once daily, and later on, every third day will be sufficient.

Besides this a half-bath may be taken daily.

Use internally two or four times a day two spoonsful of tea of shave-grass with juniper-berries, and tea of dwarf-elder root may be also well recommended.

Warts.

Warts will not appear if children are properly bathed.

If they occur, half-baths in alternation with wet shirts will remedy the evil. Also warm swollen hay-flowers may be bound on to the warts, for about two hours each time.

Tape-Worms.

Tape-worms are much more common with children than with grown-up people.

I am, however, convinced that they would not so readily occur in a body that had been braced by water.

I do not believe that they would appear at all if one reared children according to this little book, because the interchange of stuff would be quicker

and the food would not remain so long in the stomach, thereby enabling worms to generate.

It is certainly quite indisputable that stools are much more regular with braced systems, because the ejected matter does not stay too long in the body.

Where tape-worms occur, I have found it of special value to give the children before going to sleep in the evening one or two teaspoonsful of wormwood tea. This puts the worms to flight and another two spoonsful given in the morning, an hour before breakfast, finishes the chase commenced the night before.

Certain seeds are sold at the chemists called "wormseeds" which chase the creatures out of the body very quickly. A teaspoonful of such seed boiled into tea will make three or four portions or even more. As a rule two such doses will suffice to expel the worms.

Whitlow. (Wurm-Finger.)

Grown-up people often get ulcers on the finger called "Whitlows". Many think they are really caused by a worm.

My opinion is that whitlows are nothing else than a collection of diseased matter which gets violently inflamed, at length bursts, and then indeed

something very similar to a worm comes out of the opening.

I believe that this condition is caused by the sick state of the body, for a sufferer from whitlows generally feels ill, his appetite fails, his tongue is furred and he is languid and out of sorts. As these are results of a sick body the cure must begin by operating on the body which is the source and root of the evil. When this is cleansed from all impure matter the whitlows will disappear; otherwise they may last for weeks.

Whether the sufferers are grown people or children the treatment remains the same. The whole body is worked on by shirts dipped in tepid hay-flower decoction, by whole-washings or by half-baths. The diseased matter may be drawn from the finger itself by binding it with Fenu-Greek, boiled into pap, and renewing the poultice two or three times a day.

The pain very soon ceases, the diseased matter is dissolved and expelled, but the finger will not heal up till all the diseased stuff has departed.

It is of great service if a rag dipped in shave-grass water is bound on the finger and frequently renewed. Shave-grass is specially recommended if one fears that the mischief is attacking the bone.

Wounds.

It is true that we always forbid children to touch knives but for all that they are very eager to get possession of them; the result is natural, they wound and scratch themselves till they fetch blood; or they prick themselves with some instrument or tread on a nail, or bits of glass, or run splinters of wood into themselves.

What is the first thing to do if such accidents occur, I say, cleanse the wound carefully so that no particle of dirt be left in it either from the instrument, knife, nail, or splinter.

The smallest speck of dirt, though perhaps almost invisible, is apt to cause inflammation which may increase almost to blood-poisoning. If, however, the wound is cleansed properly, the cure is easy, however big the wound may be. The best means of curing is, and always will be, tincture of arnica. If this is carefully applied its success even with the worst of wounds is quite wonderful.

For cleansing, take fresh water and mix some tincture of arnica in it, for instance to a quarter of a pint of water add a teaspoonful of tincture, even half a spoonful suffices. If the wound is cleansed with this mixture it will close up well and then wadding may be laid on it which has been dipped in tincture of arnica and water in the proportion of

about twelve parts of water and one of tincture. This soaked wadding is laid on the closed up wound and then bound up. It will be sufficient to renew the wadding once every day.

If children have scratched themselves with a nail, when the wound has been washed, wadding soaked in arnica is bound on it in exactly the same way.

A boy had inflicted on himself a deep wound in the arm with a scythe. He was treated in the manner above described, and in five days the wound was completely healed, without ever discharging, it was as if sewn up.

A Mother brought to me her child who had crushed its fingers between two stones and at the moment arnica-tincure was not at hand.

The fingers were quickly washed in fresh water and all impurity removed and were then bound up in a soft rag soaked in herb water; every day we renewed this application two or three times, and in five days the fingers were quite healed. This herb or cabbage water is a particularly excellent remedy for wounds. How often complaints are made that there is a lack of remedies, yet one has them in the house, and does not find because one knows them not. Therefore, Mothers, forget not that herb water is very good for wounds and bruises.

When I learnt mowing and wanted to sharpen the scythe on the whet-stone I once gave myself a sharp wound in the hand from which the blood streamed rapidly. My father quickly looked for ribwort which he kneaded with his finger and after first washing the wound thoroughly with cold water, he dropped the ribjuice into it.

He bound the wound up in a soft rag which he first soaked in the same juice and I was then able to continue my work. This bandage was renewed three or four times in the next two days and the wound quickly healed. The whole of a chemist's shop could scarcely contain a better remedy for wounds than ribwort, which is a well-known country people's remedy.

Bark-of-oak decoction also cures easily. There are many equally good and simple household remedies.

Sores.

Even perfectly healthy and strong children get sore on those parts where the skin forms folds.

If, for instance, on the neck or in the arm-pit by perspiration or friction the delicate outer-skin is destroyed, the under-skin naturally becomes exposed. This sore vanishes on being constantly washed with cold water and generally does not appear at all if

a mother keeps her child clean and does not stint the water.

Dip the child two or three times a week in cold water which will brace the skin and prevent the little one having sores.

Tooth-ache.

Children who are properly braced are not subject to much tooth-ache which arises mostly from debilitation or bad nourishment.

A healthy child teeths without much pain. If, however, tooth-ache arises from a chill, the easiest way to help is by a whole washing or by dipping the child in cold water up to its arms. If, nevertheless, the cheeks should swell dip a rag in cold water and bind it on, freshly dipping it every hour.

The swelling will very soon be relieved.

Fourth Part.

Bill of Fare for Children.

Acorn-Coffee.

Acorn-coffee can be bought at any chemists and is treated exactly like roasted coffee-berries.

If preferred, one pours boiling water over a teaspoonful of it and when settled adds milk and sugar. For infirm, weakly, prematurely born children acorn-coffee is the best nourishment and should be mixed with honey or boiled with it. It may also be taken black in very small quantities but it is better drunk with milk.

Malt-Coffee.

Malt is roasted like coffee-berries but brown not black, otherwise it would burn. It is then ground and has boiling water poured over it, or it is boiled for a short time and mixed in the same way with milk, sugar or honey.

Oat-Soup.

Oats contain such excellent nutriment that it is to be specially recommended for children particularly the infirm.

The oats are bruised or pounded and boiled, the longer the better; they then form a rather thick paste which contains a good deal of nourishment.

Children should take this paste five or six times a day even if only two spoonsful at the time; older children may eat bread in this soup.

Bread Soup.

The best bread is that which contains the least acid and at the same time a certain amount of bran.

The bread is cut into sippets, dried on a plate in the oven, or on the hearth, so that all dampness is removed. On these one pours boiling water, covers them well up, and lets them stand for some minutes. In this way one gets an excellent soup for children, which is also gladly taken by grown people. There is some little fat in it which comes out of the bread when the boiling water is poured on. In a few minutes the soup is ready.

Do not have too much water in it or the soup will be too weak; very wet food is never good for children.

Boiled Bread Soup.

The bread is cut up in pieces and dried and then gently boiled for some time. This is very nourishing and given in small portions is excellent food for children. Instead of water, meat-stock may be used, though I prefer water which is more wholesome and the nutriment of pure meat I consider of not much account.

"Kraft" Soup.

This is prepared from bread-flour which is obtained by cutting rye-bread and white corn, or wheaten-bread into pieces and mixing them together; they are then dried on the hearth and afterward pounded in a mortar. This bread paste looks now like coarse flour hence the name bread-flour. In dry, pure air one can keep it in a box for some time.

Two or three spoonsful of such bread-flour form one portion of "Kraft"soup. It may be then made with water, meat stock, or milk from pure rye or wheat or a mixture of rye and wheaten-bread flour.

This soup contains the best nourishment and is very suitable for children because it develops no gas. Do not however give the children too much for over-lading always does harm.

Children's Pap.

This is best made out of pap-flour which is prepared as follows: Take oats and one third or one half of corn or wheat and pound them but not too fine; they should be more like grits where most of the bran remains in the flour. You mix this flour with boiling water and let it cook for some time; the longer it gently cooks the better is the pap. Instead of water one may use milk which makes the pap even better, or half milk and half water is very good and suits children well. It will always be the chief nutriment for children but it should be given in small portions They must not be fed according to their appetites, or they would get too much, the consequence of which would be a distention of bowels and indigestion.

One may make a flour for pap by pounding oats, wheat, peas and beans together; the nutriment is equally good, only more varied, which is no disadvantage.

Milk.

Milk stands in the fore-front of all nutriment.

A healthy system can well use up all nourishing matter, yet I am convinced that one should not give children too much milk. They might look well and strong with it but their bodies would be spongy.

Milk should be given with some addition. I name black-bread as soon as the children can masticate it.

One may give them milk-soup which is prepared like bread or "kraft"soup.

Eggs.

I have heard it insisted on that children should eat eggs. My experience teaches otherwise. Eggs are too hard of digestion for children; they belong to stimulants and should as a rule be recommended only to older children in a cooked condition.

Potatoes.

Potatoes are, and always will be, good nourishment; they may be made into various things such as potato-paste, -soup, -balls, -dumplings etc. I know of no case in which potatoes have done harm.

I have heard that they make people corpulent to which I answer, so will all other food if taken in too great quantities.

Therefore do not give too many potatoes to a child at one time. For the rest they may be recommended for children as well as for grown people and are gladly eaten by old and young alike.

Fruit.

There is scarcely any nourishment children love so much as fruit, therefore do not deprive them of it. It is most wholesome in a raw state, but even cooked it contains a great deal of nourishment. In apples and pears the peel and cores must be well digested. For little children, peel the fruit carefully.

Meat.

Meat is always rather hard of digestion for children. In case one does not early accustom them to it, which is certainly to be avoided, their natural desire is towards milk-puddings which are more to be recommended for them.

Wine and Beer.

All alcoholic drinks hurt children.

Never accustom them to beer or brandy. Nothing avenges itself more than the early consumption of these drinks. Wine also should be with-held from children. What need has their system of any other warmth than a natural one?

Sweet Pastry.

This delicacy, where possible, should never be consumed by children, it ruin the stomach and contains no nourishment.

Children who eat much pastry lose appetite orf healthy, nourishing food, they become poor in blood and ill.

Coffee.

Whoever desires to have unhappy children afflicted with St. Vitus' Dance, nervousness and many other pains and infirmities I recommend them to give constantly Indian Coffee. They will attain their end surely and rapidly.

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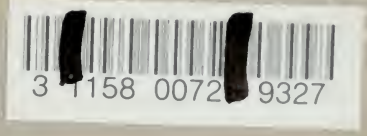
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